



# We Provide a Continuum of Quality Care

*OhioHealth offers a full range of therapeutic services for neurologically impaired patients needing rehabilitative services.*

Whether in the hospital, at home, or as an outpatient **patients receive continuity of care from the largest team of therapy experts in central Ohio.** No matter where the rehabilitative recovery begins at OhioHealth, we meet the unique needs of our neurologic patients with diverse services and experienced expertise.

- DIAGNOSES WE COMMONLY TREAT
- STROKE

BRAIN INJURIES

MULTIPLE SCLEROSIS

PARKINSON’S DISEASE

BRAIN SURGERIES

ALS (LOU GEHRIG’S DISEASE)

VERTIGO (DIZZINESS)

SPEECH AND LANGUAGE DISORDERS (APHASIA, APRAXIA, DYSARTHRIA)

BRAIN ANEURYSM

SPASTICITY

CONCUSSIONS

VESTIBULAR AND BALANCE DISORDERS (BPPV)

GUILLAIN-BARRE SYNDROME

SWALLOWING DISORDERS (DYSPHAGIA)

SPINAL CORD INJURY (ALSO TREATED AT UPPER ARLINGTON LOCATION)

## Acute Hospital Rehabilitation

Physicians may call on therapy professionals for rehabilitation to help hospitalized patients regain mobility and self-care skills. This kind of early therapy often includes physical, occupational and speech therapies, based on the unique needs of each patient. If continued therapy is needed at hospital discharge, rehabilitation can be arranged at the OhioHealth Rehabilitation Hospital, in the home, or at our outpatient OhioHealth Neurological Rehabilitation centers.

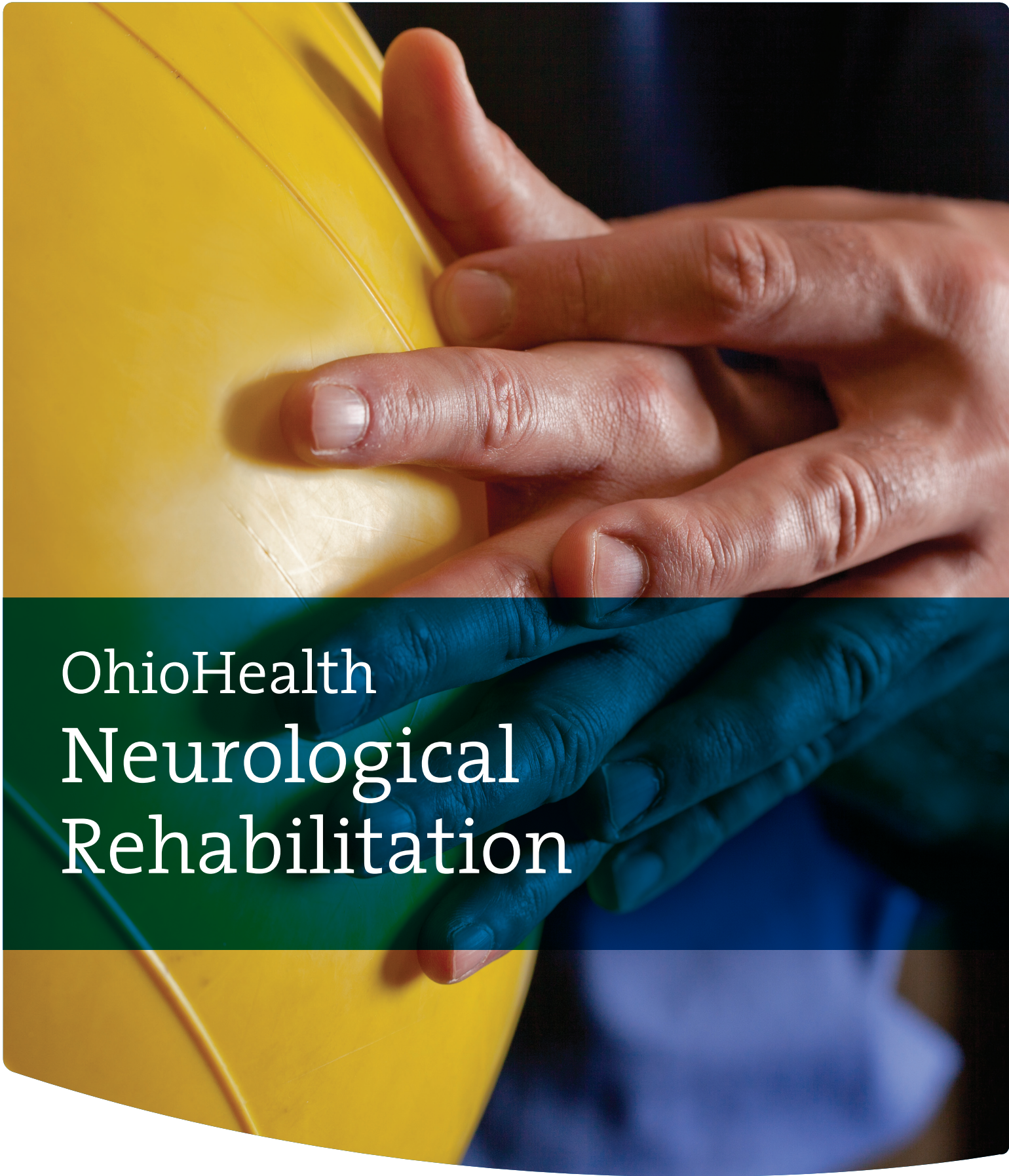
Acute rehabilitation services are offered at all OhioHealth hospitals across the region. [For more information, visit OhioHealth.com/AcuteRehabilitation.](#)

## OhioHealth Rehabilitation Hospital

Some patients may need intensive therapy and education that can only be provided during a hospital stay. This is where OhioHealth Rehabilitation Hospital comes into the picture. With a focus on an intense, hands-on approach, patients have appointments with various rehabilitation specialists each day. The goal is to help patients get back to their lives as soon as possible. When they’re ready to leave the rehabilitation hospital, if they need continued rehabilitative care, they continue work with our therapists at our outpatient OhioHealth Neurological Rehabilitation centers. [For more information, visit OhioHealth.com/InpatientRehabilitation.](#)

## Home Care Rehabilitation

Our patients’ paths to wellness sometimes require they receive care at home. We provide expert home healthcare that helps neurologic patients recover, maintain independence and experience the highest possible quality of life in the comfort of home. OhioHealth Home Care has the largest on-staff team of clinically trained home health caregivers in central Ohio, including nursing and physical, occupational and speech therapy teams. Once patients achieve their basic, functional goals (and are no longer home-bound), transfer of care is arranged to OhioHealth Neurological Rehabilitation to achieve high-level functional skills. [For more information, visit OhioHealth.com/HomeHealthRehabilitation.](#)



# Our Program

OhioHealth offers comprehensive, multidisciplinary outpatient rehabilitation services that assist patients in their recovery following a neurologic event.

*Nationally recognized experts and therapeutic services are provided in our state-of-the-art locations.*

**Treatment sessions are one-on-one** with the therapist and range from 30 minutes to three hours, depending upon each patient’s individual, clinical need. Patients requiring more than one type of therapy will have their **sessions conveniently scheduled back to back.**

**Family members are welcome** to attend therapy sessions and are considered an essential part of the treatment process. A physician referral is needed to start therapy.

PLEASE CALL!

To schedule an appointment, please call **(614) 788.9253**



# Our Locations

OhioHealth Neurological Rehabilitation — Upper Arlington is dedicated solely to the care and treatment of neurologic patients. It is one of the few outpatient centers in the region in which patients can benefit from such focused expertise.

## OUR LOCATIONS

### OhioHealth Neurological Rehabilitation — Upper Arlington

3363 Tremont Road  
Upper Arlington, Ohio 43221  
Office: (614) 788.9242 | Scheduling: (614) 788.9253

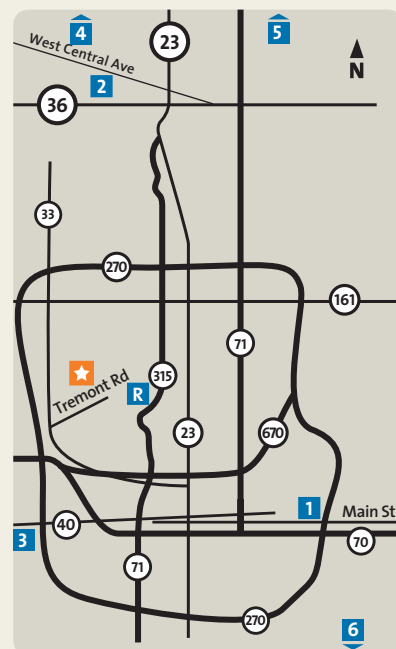
*Additional neurological rehabilitation satellites available at:*

- 1 OhioHealth Eastside Health Center**  
4850 East Main Street  
Columbus, Ohio 43213  
(614) 788.4400
- 5 OhioHealth Mansfield Hospital**  
335 Glessner Avenue  
Mansfield, Ohio 44903  
(419) 526.8685

- 2 OhioHealth Grady Memorial Hospital**  
561 West Central Avenue  
Delaware, Ohio 43015  
(740) 615.2660
- 6 OhioHealth Castrop Health Center**  
75 Hospital Drive, Suite 160  
Athens, Ohio 45701  
(740) 566.4570

- 3 OhioHealth Doctors Hospital**  
5193 West Broad Street  
Suite 100  
Columbus, Ohio 43228  
(614) 544.1951

- 4 OhioHealth Marion Rehabilitation**  
1040 Delaware Avenue  
Marion, Ohio 43302  
(740) 383.8057



**R** OhioHealth Riverside Methodist Hospital



## REHABILITATION SERVICES

*OhioHealth Neurological Rehabilitation offers advanced, innovative therapies to help patients with neurological conditions recover.*

## ADDITIONAL SERVICES

*OhioHealth Neurological Rehabilitation offers services that are integrated into our program to help patients in their recovery.*

## THERAPEUTIC FITNESS

*OhioHealth Neurological Rehabilitation collaborates with clinical fitness programs to help patients regain physical strength and mobility, become independent and re-enter the community.*

## SPECIALIZED OPPORTUNITIES

*Clinics and OhioHealth classes assist our patients in their journey to independence and wellness.*

### ○ PHYSICAL THERAPY

Therapists help neurologic patients **regain the strength, balance and mobility needed to function independently. Specialized treatment techniques and equipment** are used that are unique for treating neurologic disorders, including addressing spasticity and functional bracing.

### ○ SOCIAL SERVICES

An essential part of the multidisciplinary team, social workers **provide support and help educate patients on various programs and services available to assist them** at OhioHealth and in the community. Patients are linked to services that meet their individual needs related to emotional support, financial assistance, home modification and support and programs geared towards community re-entry.

### ○ DELAY THE DISEASE™

Delay the Disease is a **fitness program designed to empower people with Parkinson's disease** by optimizing their physical function and helping to delay the progression of symptoms. Task specific exercises address stiffness, slowing of all movements, posture, balance, strength and difficulty walking.

**Fitness classes and personal training** are available at several OhioHealth locations, as well as various facilities around central Ohio. To register, call (614) 566.1189, or visit [DelayTheDisease.com](http://DelayTheDisease.com) for more information.

### ○ WHEELCHAIR SEATING CLINIC

**Patients meet with a team of seating experts** that includes a physical medicine physician, physical and occupational therapists, and wheelchair seating vendors.

- + **An evaluation is completed to determine the most appropriate mobility device based on each patient's medical and functional needs.**
- + Follow-up care and fitting are also provided at the clinic.
- + An onsite medical supplier submits necessary insurance paperwork and provides equipment when appropriate.

The clinic occurs at OhioHealth Eastside Health Center. To schedule an appointment, call (614) 788.4437.

### ○ OCCUPATIONAL THERAPY

Therapists help patients **relearn daily tasks and provide them with new strategies to achieve personal goals**, often addressing impairments in vision, cognition, mobility and coordination. Treatment often includes functional activities intended to help patients **return to independence in self-care, homemaking, community tasks, work, school and driving.**

### ○ ART THERAPY & MUSIC THERAPY GROUPS

**These supportive groups can enhance rehabilitation goals** by encouraging creativity and communication through imagery and music. These **free, evidence-based programs** help patients explore their own creativity while addressing the emotional aspects of recovery. Experience and/or talent in art or music is not required to attend either of these two groups, held regularly at Riverside Methodist Hospital's Dempsey Center.

### ○ STROKE SURVIVOR FITNESS

Personal training and fitness classes are available for stroke survivors. These programs help survivors improve their fitness and/or prepare for independent exercise. **These programs are intended to put current patients on a course for life-long wellness** following their therapy course at OhioHealth Outpatient Neurological Rehabilitation.

### ○ NEURO YOGA

Weekly Yoga classes intended for people with neurological conditions occurring at Riverside Methodist Hospital's Dempsey Center. Classes are instructed by an OhioHealth physical therapist.

### ○ MATTER OF BALANCE

This six-week balance training class is taught by OhioHealth exercise physiologists specially trained in and focused on balance issues. It **includes activities to improve balance, as well as education about risk factors for falling.**

The clinic occurs at OhioHealth Eastside Health Center. To schedule an appointment, call (614) 788.4437.

### ○ COMMUNICATION GROUP

This **free program** focuses on higher-level aphasia, apraxia, dysarthria, or other communication deficits and is **provided by a licensed speech therapist.** This group meets weekly at Riverside Methodist Hospital's Dempsey Center and occasionally goes on community outings.

### ○ SPEECH THERAPY

**Therapists are trained in a variety of techniques to treat speech disorders**, including difficulty with memory and other cognitive abilities, stuttering, difficulty with speech and language, difficulty swallowing and mouth and facial weakness. **Specialized techniques** and electrical stimulation are used to treat swallowing disorders.

### ○ SUPPORT GROUPS

We provide **free education and support programs** for those who have experienced a neurological condition. Support groups occur regularly at Riverside Methodist Hospital's Dempsey Center and other locations in the community. Programs include **MS Support Group, Caregiver Support Group, Brain Injury Support Group and two Stroke Support Groups.**

### ○ THERAPEUTIC GOLF

OhioHealth Fore Hope™ helps those living with symptoms and disabilities from neurological conditions through **individual and group golf programs.** Whether you're a seasoned golfer or new to the game, this wellness program helps with **physical, cognitive and social skills.**

To learn more visit [OhioHealth.com/ForeHope](http://OhioHealth.com/ForeHope) or call (614) 566.4242.

### ○ MS WELLNESS & FITNESS PROGRAM

This exercise class series provides an opportunity **for people newly diagnosed with MS** to achieve high-levels of fitness while learning ways to maintain a healthy lifestyle. In addition to **group fitness classes** held twice per week, participants receive **weekly lectures from medical professionals.**

### ○ DRIVER REHABILITATION

*Driver Rehabilitation for Instruction and Vehicle Education*

This program puts patients “behind the wheel” in real life situations and in safe clinic settings, working with occupational therapy certified driver rehabilitation specialists.

- + Clinical assessment of visual, perceptual, cognitive, psychosocial and motor aspects of performance
- + Two to three hours, on-the-road driving evaluation using a hospital-owned vehicle
- + Recommendations for vehicle adaptive equipment
- + Driver training
- + Education on community mobility resources

Driver Rehabilitation is offered at OhioHealth Grady Memorial Hospital, OhioHealth Mansfield Hospital and Neurological Rehabilitation — Upper Arlington. A valid driver's license is needed.