

Frequently Asked Questions

How do I get started in therapy?

First consult your physician about any medical concerns that you are experiencing and obtain an order for physical therapy (PT), occupational therapy (OT), and/or speech therapy (ST).

Will my insurance cover therapy?

Most insurance plans including Medicare allow coverage of therapy services. When we receive your orders for therapy, our insurance verification department will call your insurance company for information on what your policy covers. We encourage patients to be familiar with their policy regarding co-pays, precertifications and referrals.

How long must I attend therapy?

Each individual and their injury/illness is unique. The therapist will evaluate your condition and develop a plan of treatment specific to your personal needs. Most treatment sessions last between 30-60 minutes and may extend for several weeks. Several specialized services may require 90 minute treatment sessions with programs for several months. Your first session should last approximately 60 minutes while the therapist evaluates your condition and initiates treatment if appropriate.

What do I wear to therapy?

It is recommended that you dress in loose fitting, comfortable clothing with shoes that would be appropriate for physical activity. Physical therapy patients may be asked to expose the body part being evaluated (i.e., wear shorts for a knee evaluation). If needed, gowns are available to insure your privacy.

What is speech therapy?

The speech therapist addresses problems with communication skills, which involve speaking, listening, writing, reading, and cognition (thinking). The speech/language pathologist also evaluates and treats swallowing problems.

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What is occupational therapy?

The occupational therapist (OT) works to improve the skills needed to perform self care, participate in leisure activities and return to work. Depending upon patient needs, the OT may assist with increasing strength, balance, sensation and coordination. Other areas may include cognitive (thinking) skills, and perceptual abilities. To assist the patient in performing activities of daily living, the OT may evaluate for the appropriate adaptive equipment and wheelchair needs and provide instruction for the use of the adaptive equipment and/or techniques.

What is physical therapy?

The physical therapist (PT) serves to improve a person's movement, strength, coordination, balance, sensation and flexibility. The PT works to help the patient achieve a higher level of mobility and function both in and out of the home environment. When a person's ability to walk is impaired, a therapist may recommend the use of an appropriate assistive device such as a walker, cane, braces or wheelchair. When an injury or illness occurs resulting in complaints of pain, the PT performs treatment interventions to reduce or eliminate pain and therefore, improve function.

For more information, call (502) 582-7406
or visit www.frazierrehab.org.



**Frazier Rehab
Institute**

A service of Jewish Hospital
& St. Mary's HealthCare

220 Abraham Flexner Way
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Community Based Rehab



Frazier Rehab Institute

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Frazier Rehab Institute is a comprehensive rehabilitation system providing therapy in an acute care setting for inpatient and outpatient rehab needs. Comprehensive rehab programs, highly skilled therapists, state-of-the-art-facilities and innovative therapeutic techniques have earned Frazier Rehab Institute national recognition. Patients span the age range from infancy to geriatrics with a wide variety of diagnoses which include neurological (spinal cord injury, brain injury, movement disorders, and stroke), amputations, multiple trauma, orthopaedic, arthritis, cardiopulmonary, congenital, developmental, degenerative, general medical cases and work injuries.

As the community leader in outpatient physical, occupational and speech therapies, Frazier Rehab Institute provides treatment at more than 20 locations throughout Kentucky and southern Indiana.

Features

- State-of-the-art therapy equipment
- Easily accessible locations
- Participate in all major insurance plans
- Walk-ins welcome at select locations
- Physical therapy at all facilities
- Occupational and Speech therapy at select facilities
- Convenient, free parking



Some of Our Medical Specialties and Therapeutic Interventions

- Activities of Daily Living Training
- Adaptive Sports Program
- Aquatic Therapy
- Balance and Ambulation Training
- Balance Master Evaluation and Training
- Driving Evaluation and Training Program
- Equipment Assessment
- Evaluation and Treatment of Acute Soft Tissue Injury or Sports Injury
- Flexibility and Strengthening
- Hand Therapy
- Home Exercise Instruction
- Lymphedema Management
- Manual Therapy
- Mobility Skills
- Movement Disorder Program
- NeuroRecovery Network with Locomotor Training
- Occupational and Work Re-entry
- Pediatric Rehab Program
- Speech and Language Assessment and Therapy
- Spinal Cord Medicine Program
- Sports Medicine Program
- Stroke Recovery Program
- Swings in Motion Golf Program
- Vestibular Rehab
- Video Fluoroscopy and Swallow Therapy
- Voice Therapy (including Lee Silverman Voice Therapy)
- Women's Health Program



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