

## Aquatic Therapy

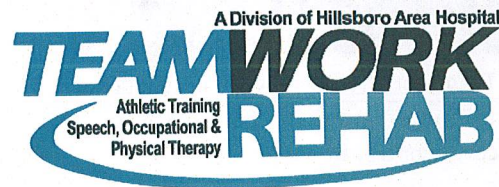
The TeamWork Rehab Aquatic Therapy program is provided at our Hillsboro location. Aquatic Therapy utilizes variable resistance and hydrostatic pressure of the water and allows improved rehabilitative effects for those who have limited tolerance for traditional land based rehab techniques. Our therapists in this program hold a variety of certification in specialized aquatic therapy.



## Sports Rehabilitation

Some of the most common problems addressed at TeamWork Rehab include:

- Arthritis
- Back & Neck Pain
- Cartilage Injuries
- Fractures
- Joint Replacements
- Knee Ligament Injuries
- Rotator Cuff Repairs
- Rotator Cuff Tendonitis



## Three Convenient Locations

Centralized Scheduling:

**(217) 532 4160**

### HILLSBORO

1210 E. Tremont  
Hillsboro, IL 62049

### LITCHFIELD

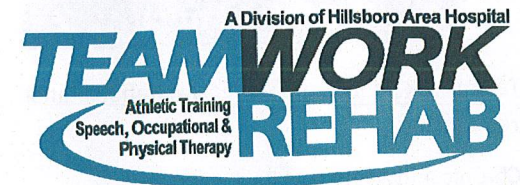
120 W. St. John Street  
Litchfield, IL 62056

### Nokomis

207 W. State  
Nokomis, IL 62075



Hillsboro Area Hospital  
1200 E Tremont Street  
Hillsboro, IL 62049  
[www.hillsborohealth.org](http://www.hillsborohealth.org)



Regaining Strength, Mobility  
and Quality of Life

Physical Therapy  
Occupational Therapy  
Speech Therapy  
Cardiac Rehabilitation  
Sports Rehabilitation  
Work Conditioning/Hardening





## Physical Therapy

Our TeamWork Rehab Comprehensive Rehabilitation Programs include:

- Chronic and Acute Low Back pain
- Geriatric (Mobility and Balance)
- Headache Management
- Myofascial Release
- Orthotics
- Total Joint Therapy
- Vestibular Disorder Therapy
- And Others

## Work Conditioning/Hardening

The TeamWork Rehab Work Hardening Program provides Functional Capacity Evaluations as well as solutions for:

- Those employees who have exceeded their maximum benefits for traditional therapy services and are still unable to return to work.
- Offering employers assistance to help determine if/when employees are ready to return to work.
- Provide comprehensive therapy services for those who wish to make the transition from "patient" to "worker" faster and safer.
- Functional Capacity Evaluations are completed based on the Matheson System.

## Occupational Therapy

TeamWork Rehab provides occupational therapy programs for those in need of recovery or treatment for:

- Arthritic conditions
- Fractures
- Ligament injuries
- Nerve Injuries
- Neurological Dysfunctions
- Post-surgical Intervention
- Repetitive Use Injuries
- Sprains & Strains
- Tendonitis
- And Others



## Speech Therapy

Provides services for children and adults with:

- Articulation Phonological Disorders
- Language Processing Disorders
- Auditory Processing Disorders
- Expressive and Receptive Language Disorders
- Cognition Deficits
- Modified Barium Swallow Test

- Swallowing Disorders
- Voice Disorders
- Autism

## Cardiac Rehabilitation



TeamWork Rehab offers Phase III Cardiac Rehab. The program involves a supervised, sixty-minute exercise session that provides participants with heart rate and blood pressure monitoring before and after exercise. As with all TeamWork Rehab programs, patients of Phase III Cardiac Rehab receive a customized exercise plan designed to meet their specific needs and incorporates the following core components:

- Baseline Patient Assessment
- Nutrition Counseling
- Risk Factor Management
- Psychosocial Management
- Activity Counseling

Phase III Cardiac Rehab is not covered by insurance and is offered to patients for a small fee for each session. To be eligible for Phase III Cardiac Rehab, patients must be stable and not require telemetry monitoring. They must also have an order from a physician that indicates a cardiac or coronary deficiency is not a threat.

TeamWork Rehab utilizes a full complement of state of the art equipment to accomplish each clients personal goals.