



Northridge Hospital Medical Center  
Center for Rehabilitation Medicine  
A member of CHW

# Outpatient Therapy Services

The Center for Rehabilitation Medicine at Northridge Hospital Medical Center offers a comprehensive Outpatient Program to assist patients in their recovery after illness, injury or catastrophic event. Specialized services include Physical Therapy, Occupational Therapy and Speech Therapy. Each service caters to the individualized needs of the patient. We develop a personalized treatment plan to help patients recover to their highest level of function.

The referring physician is a key part of our team, and communication is maintained through regular progress summaries. The programs include state-of-the-art technology and highly skilled therapists who provide one-on-one care.

## Physical Therapy

The Physical Therapy Program is specifically designed for individuals who have a physical impairment or dysfunction inhibiting their functional mobility.

Common conditions treated are:

- Acute sprains and strains
- Arthritis
- Back pain
- Brain injury
- Neurological dysfunction
- Orthopedic – surgical and non-surgical
- Soft tissue injuries
- Spinal cord injury
- Stroke
- Total joint replacements
- Vestibular and balance problems



## Treatment Approach:

An individualized treatment plan is designed for the patient based on the evaluation results and the goals of the patient. The treatment program utilizes the most advanced equipment, which may include the following:

- Electrical and thermal modalities
- Bioess electrical stimulation for the lower extremity
- Lite gait
- Universal gym equipment
- Prosthetic and orthotic training
- Gait equipment
- Motomed
- Pool therapy (indoor)
- Range-of-motion and strength training
- Wheelchair assessment and training

## Occupational Therapy

The Occupational Therapy Program thoroughly enhances the individual's ability to increase functional independence for day-to-day living. As part of the Occupational Therapy Department we also have a dedicated Hand Therapy Clinic for injuries/diseases related to the arm and hand.

*Continued on back*

---

Common conditions are:

- Brain injury
- Neurological dysfunction (i.e., Parkinson's, Multiple Sclerosis)
- Spinal cord injuries
- Stroke

### ***Treatment Approach:***

A variety of treatments techniques are used by the Occupational Therapist, including adaptive equipment, self-care retraining, cognitive and therapeutic exercise. The treatment program is designed based on the evaluation findings and the specific goals of each patient. It may consist of the following activities:

- Adaptive equipment training
- Self-care training
- Home and community training
- Functional activities
- Neuro-developmental therapy
- Range-of-motion and strengthening
- Splinting
- Cognitive retraining
- Fine and gross motor activities

### **Speech Therapy**

The Speech Therapy Program is a comprehensive service that offers therapy for individuals who have difficulty speaking or swallowing, and for cognitive impairments that may be adversely impacting their everyday life.

Common conditions we treat include:

- Aphasia and Apraxia
- Brain injury/tumor
- Dysarthria
- Dysphagia
- Laryngectomy
- Multiple Sclerosis
- Oral pharyngeal cancer
- Parkinson's Disease
- Voice disorders

### ***Treatment Approach:***

The Speech Therapist develops a treatment plan and recommendations based on a comprehensive evaluation. It is designed to meet the needs and goals of the patient and may include the following:

- Augmentative communication devices
- Breathing techniques
- Compensation techniques
- Communication boards
- Memory strategies
- Oral hygiene and care
- Speech
- Swallowing evaluations
- Swallowing strategies
- Voice training

### **Specialized Equipment**

Specialized equipment is available as needed to enhance treatment:

- Voice activated computer software
- Bioness electrical stimulation for the upper and lower extremities
- VisiPitch computerized voice assessment and therapy

### **Referral Process**

Patients may be referred by their physician, rehabilitation specialist or case manager. All patients must have a current prescription from their treating physician. The patient or referring party may call Outpatient Therapy Registration to register and provide intake information. The patient will be contacted for an initial evaluation appointment.

**For additional information or referrals, please contact the Center for Rehabilitation Medicine Outpatient Therapy Department at (818) 885-5330.**