

About

At SMCH, we are committed to delivering highly skilled care that is tailored to your needs. We help patients of all ages regain independence and physical function in their daily lives after injury, surgery, illness, etc. Our therapists continuously build on their professional skills and have received advanced training and certifications in:

- Adaptive equipment and home adaptations
- Hand and wrist disorders
- Safe driving screening
- Sensory disorders
- Vertigo and dizziness

Occupational therapy uses purposeful activity to prevent dysfunction or deformity, maintain health, and maximize independence. This form of therapy addresses a person's ability to perform activities of daily living such as dressing, bathing, feeding, and household chores, as well as work and leisure activities.

Call us to learn more about our driving rehab program!

Contact Us

(712) 464-4244

1301 W Main St
Lake City, IA 51449

www.stewartmemorial.org



ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-712-464-4203.

注意：如果您使用繁體中文，您可以免費獲得語言援助 務。請致電 1-712-464-4203。



Occupational Therapy

STEWART MEMORIAL
COMMUNITY HOSPITAL
REHABILITATION SERVICES



(712) 464-4244



Lisa Poppen-Findley

OTR/L

Lisa earned her Master's degree in Occupational Therapy from the University of South Dakota. She has specialized training in dizziness and vertigo, hand Injury and post-surgery therapy, home adaptations, and wheelchair assessments and fitting.



Marie Drey

OTR/L

Marie graduated from the College of St. Mary's in 2018 with a Master's degree in Occupational Therapy. She has specialized training in pediatric therapy, geriatrics, hand injuries, post-surgery therapy, and home adaptations.



Services

- Pediatric therapy: sensory and fine motor coordination
- Driving rehab
- Activities of daily living: dressing, bathing, household chores
- Adaptive equipment training for use with activities of daily living
- Fine motor rehab for writing, grasping objects and fingertip sensation
- Hand and wrist brace fitting and dispensing
- Hand and wrist therapy for carpal tunnel syndrome, post-surgical and post-fracture rehab, tendonitis and arthritis
- Home assessments for evaluation on how to make your home safer and more accessible
- Rehab therapy for patients who have become weak through the course of an illness or injury
- Total joint replacement rehab
- Vertigo and dizziness
- Wheelchair seating and positioning

We commonly treat dizziness and balance problems, hand disorders, range of motion issues, orthopedic patients, those with Parkinson's, and those who have suffered a stroke or injury.

Ask us about home visits!

Treatment Methods



- Adaptive equipment recommendations and training
- Hand splints
- Home adaptation recommendations
- Iontophoresis
- Massage
- Paraffin wax treatment
- Phonophoresis
- Range of motion
- Strengthening and stretching exercise
- Therapeutic activities
- Ultrasound