

WHY CHOOSE SMCH?

Our highly trained occupational therapists, physical therapists, speech-language therapists, athletic trainers and rehab technicians strive to provide exceptional care to every patient, every day. We offer an array of cutting-edge treatments, advanced technology, and specialty services to help our patients live healthy and fulfilling lives.

DO I NEED A REFERRAL?

Traditionally, a patient sees their medical provider who then refers them to the therapy services. However, many private insurances allow patients to come to a physical or occupational therapy appointment without having to see their medical provider first. This is called Direct Access, which is an excellent option for patients familiar with their therapy needs or who are not exhibiting medical concerns that would require x-ray or lab.

DOES MY INSURANCE COVER THIS?

Therapy service coverage depends on your insurance plan. Most traditional insurance, Medicare, and Medicaid plans provide therapy coverage, but vary in benefits. Our rehab services department will verify your insurance benefits prior to your first appointment to ensure that you have coverage to avoid any unexpected issues.



Choose Excellence

 Choose Stewart Memorial

Trust the experts at SMCH to help you get your life back!



Contact Us

Lake City: (712) 464-4244

Rockwell City: (712) 297-5016



SCAN ME

Visit our website to learn more about services available and meet our team.



Physical Therapy Services

We specialize in you!



**STEWART MEMORIAL
COMMUNITY HOSPITAL**





SPECIALIZED SERVICES & EQUIPMENT

Stewart Memorial is proud to offer some of the best in rehab techniques and technology.



Synergy System by Prometheus

This system measures the activation of your pelvic floor muscles and provides visual feedback during pelvic floor treatment which makes muscle activation easier and more effective.



Functional Dry Needling

Your therapist inserts a needle that does not have medication (hence, dry) into the muscle to release or inactivate trigger points. Needling the trigger point can relieve pain or improve range of motion, particularly for pain located deep in a muscle.



Bioness Integrated Therapy System (BITS)

(Bottom right) BITS is a software-based therapy utilizing a 55-inch touch screen computer to challenge individuals who wish to improve in vision tracking, cognition, movement and balance.



Myokinesthetic System

This technique is a hands-on treatment that evaluates the root cause of pain within the nervous system and treats it via stretching and therapeutic movements.



Radial Pulse Therapy by Zimmer

(Bottom left) This therapy delivers kinetic energy into your body's soft tissues to facilitate healing, blood flow and/or break up scar tissue and calcium deposits.



Graston Technique

This is a tool-assisted soft tissue treatment that can speed up the healing process and reduce pain.

WE CAN HELP!

- Ankle and foot disorders, including post-surgery rehab
- Balance issues, falls and weakness
- Chronic pain
- Hip and knee disorders, including post-surgery rehab
- Incontinence and pelvic pain
- Industrial rehab including custom pre-employment physicals
- Lymphedema management and compression garment fitting
- Neck and back disorders, including post-surgery rehab
- Neurological disorders
- Shoulder disorders including post-surgery rehab
- Sport injuries, including concussion management
- Vertigo and dizziness

