## TABLE OF CONTENTS

Comprehensive Integrated Inpatient Rehabilitation Programs ........ 1
Brain Injury Rehabilitation Programs .................................. 1
Accreditations ........................................................................ 2
Rehabilitation Services ....................................................... 3

### Specialty Programs

- Amputee Clinic ................................................................. 4
- Aquatic Therapy and Community Aquatic Classes .................. 4
- Arthritis Treatment and Resource Center .............................. 4
- Children's Therapy and Wellness Center .............................. 4
- Community Reintegration ................................................ 4
- Driver’s Education and Training Program ............................ 4
- Fall Prevention Program .................................................. 5
- Home Evaluation ............................................................. 5
- Infrared Program ............................................................ 5
- Learning Independence for Tomorrow ................................. 5
- Lee Silverman Voice Therapy ........................................... 5
- Lymphedema Management .............................................. 6
- Massage Therapy ........................................................... 6
- Neurofeedback ............................................................... 6
- Occupational Rehabilitation ............................................. 6
- Oral Myofunctional Therapy ............................................. 6
- Stroke Prevention and Recovery Center (SPARC) .................. 6
- Vestibular/Balance Disorder Evaluation and Treatment .......... 6
- Work Site Evaluation ....................................................... 6

Outpatient Locations - Iowa ................................................. 7
Outpatient Locations - Illinois ............................................... 8
Community Education ....................................................... 8
Support Groups ............................................................... 8
Comprehensive Integrated Inpatient Rehabilitation Programs

Adult and Pediatrics

For over 30 years, Genesis Regional Rehabilitation Program has been serving persons with disabilities through the efforts of a committed, interdisciplinary team of highly trained health care professionals. Our 39-bed comprehensive inpatient program is accredited by CARF for adult and pediatric rehabilitation services. CARF is a nationally recognized accrediting authority whose sole concern is to promote quality services for people with disabilities. We are one of the largest programs in the State of Iowa, based on the number of patients discharged. The goal of our rehabilitation program is to restore maximal functioning in all areas of life. An interdisciplinary team of specially trained rehabilitation professionals works together to provide a multitude of services that are individually designed and coordinated for each patient’s unique needs. In addition to serving adults, a specialized inpatient Pediatric Physical Medicine and Habilitation/Rehabilitation Program is offered for children from age 4 to 16 years experiencing a physical disability or developmental delay. Primary diagnoses served include cerebrovascular accidents (stroke), neurological disorders, spinal cord injuries, amputations, major multiple trauma, rheumatoid arthritis, hip fractures, burns, and congenital deformities. For further information contact the Genesis Physical Medicine and Rehabilitation Office at 563-421-1421.

Brain Injury Rehabilitation Programs

Adult and Pediatrics

The Genesis Brain Injury Rehabilitation Program is designed to serve patients who experienced an acquired brain injury and as a result have neurobehavioral impairments affecting their ability to safely function independently. This program is also accredited by CARF, a nationally recognized accrediting authority. Genesis Medical Center has one of two inpatient brain injury programs accredited in the State of Iowa.

The types of patients served include persons who have sustained a traumatic brain injury, either closed or open head injury. Non-traumatic brain injury patients may also be served, which includes persons who have experienced a stroke, cerebral aneurysm, brain tumor, infectious diseases such as encephalitis. Also included in this category are hypoxic injuries such as asphyxiation, near drowning, or cardiac arrest, metabolic disorders such as insulin shock, or injury from inhalation or ingestion of toxic products.

The overall referral and discharge processes for the Brain Injury Program are the same as the standard Inpatient Rehabilitation Program; the differences lie in the types of therapy the brain injury patient receives. To accomplish the goals, specific brain injury teams have been designed to serve the special needs of these patients. The professional treatment teams consist of a physiatrist, nurses, occupational therapist, physical therapist, speech language pathologist, therapeutic recreation specialist, social worker, neuropsychologist, clinical psychologist, spiritual care associate, dietician, and audiologist. An interdisciplinary team approach is utilized. Patients age 4 through geriatrics are served in the brain injury program. For children of school age, a qualified teacher from the local Area Education Agency is included in the treatment team. As with the standard Inpatient Rehabilitation Program, the patient and family are an intricate part of the team ensuring that the course of treatment is relevant to their individual needs and goals.
The staff serving the brain injury patient population has received additional training to best serve the specific needs of this type of patient. Special treatment techniques focus on the following types of impairment often seen in the patient who has experienced a brain injury; impaired memory, perseveration, disorientation, distractibility, agitation, impulsive behavior, impaired problem solving, attention/concentration impairment, and impaired judgment, to name a few. Special therapy sessions offered to this patient population, as deemed appropriate for the patient’s individual needs, include memory and feeding groups. For patients needing additional cognitive services following completion of the Inpatient Rehabilitation Brain Injury Program, Genesis Physical Medicine and Rehabilitation Services offers a day-treatment program called LIFT (Learning Independence For Tomorrow). See “Specialty Programs” for additional information.

Genesis Brain Injury Rehabilitation Program is a member of the Iowa Brain Injury Resource Network. This program makes available to patients and families numerous educational resources. In addition, the Quad City Brain Injury Support Group meets monthly on the Genesis Medical Center west campus, giving patients & families the chance to interact with others who have had similar experiences.

**Pediatric Program**

See “Specialty Programs” for more information about our Genesis Children’s Therapy and Wellness Center, which is an interdisciplinary outpatient program that serves infants, children, and adolescents of all ages.

**Accreditations:**

The following programs are accredited by CARF, a nationally recognized accrediting authority whose sole concern is to promote quality services for people with disabilities.

- Brain Injury Inpatient Rehabilitation Programs – Hospital (Adults)
- Brain Injury Inpatient Rehabilitation Programs – Hospital (Children and Adolescents)
- Brain Injury Outpatient Rehabilitation Programs (Adults)
- Inpatient Rehabilitation Programs – Hospital (Adults)
- Inpatient Rehabilitation Programs – Hospital (Children and Adolescents)
Rehabilitation Services

Physiatrist (Physical Medicine and Rehabilitation Physician) – The physiatrist is the attending physician on the Inpatient Rehabilitation unit. Prior to admission, the physiatrist evaluates and monitors the medical condition of the patient in order to determine if the patient will be able to tolerate three hours of therapy per day and meets medical necessity criteria to be served in the comprehensive integrated inpatient program or the brain injury program. Once it has been determined that the patient is an appropriate rehabilitation candidate, the physiatrist will coordinate care with other physicians and health care professionals to optimize achievement of established functional goals. The physiatrist is responsible for the Physical Medicine and Rehabilitation treatment plan, which will promote the most favorable discharge outcome. Our physiatrists are:
• Dr. Conway Chin
• Dr. Fareeduddin Ahmed
• Dr. Arthur Searle
• Dr. Yuanhui Zhang
• Janice Simmons, MSN, ARNP

Rehabilitation Psychology – Rehabilitation psychologists provide psychological and neuropsychological services. Cognitive, behavioral, and emotional needs of patients and their families are addressed through evaluation, education, and counseling.

Rehabilitation Social Worker – Rehabilitation social workers help patients and families deal with emotional issues that are related to their disability and assists them with discharge planning.

Rehabilitation Nursing – Rehabilitation nurses provide assessments, evaluations, interventions, and education focused on the patients’ diagnosis and goals. Rehabilitation Nursing is “Caring for the patient today with a vision of their tomorrows”.

Occupational Therapy – Occupational therapy focuses on the performance of functional activities such as self-care, functional mobility, home management, perception, cognition and psychosocial functioning to maximize functional independence.

Physical Therapy – Physical therapists perform a comprehensive evaluation and assessment focusing on strength, flexibility, sitting and standing balance, and coordination in order to maximize functional independence in ambulatory or wheelchair mobility. Additionally, they assess home environment needs and/or modifications.

Speech Therapy – Speech Language Pathologists are trained to treat disorders of speech, language, cognition, oral motor, voice, swallowing and hearing.

Therapeutic Recreation – Therapeutic recreation uses recreational activities to restore, remediate, or rehabilitate in order to improve the patients’ level of independence.

Spiritual Care – Whether it be questioning their relationship with God, confronting questions regarding the meaning of life, or realizing that even in illness there is reason to hope, patients can receive support and counseling through the Spiritual Care Department.

Nutritional Services – Nutritional counseling and education needs are assessed and education provided to all patients and their families by a registered dietitian.

Audiology – Audiologists perform hearing evaluations to determine the type and severity of hearing loss, and to provide amplification for those in need. Inpatient and outpatient services are available. For further information call 563-421-1400.
Specialty Programs

Amputee Clinics – A multidisciplinary clinic has been developed to address the long-term rehabilitation needs of the patient who has lost a limb due to illness or injury. The clinic includes services provided by a prosthetist / orthotist, nurse, physical therapist, wound care professional, and a physiatrist. The clinic is held twice monthly to address mobility, prosthetic and brace fit, and other rehabilitation needs. For further information call 563-421-4380.

Aquatic Therapy and Community Aquatic Classes – A warm water therapeutic pool is located within the outpatient clinic at Genesis Medical Park at Maplecrest located at 2535 Maplecrest Road in Bettendorf. Exercise in the pool is frequently used to improve a variety of orthopedic and neurologic conditions. Additionally, several aquatic exercise classes are held each day. For more information call 563-421-3460.

Arthritis Treatment and Resource Center – A multidisciplinary approach to the evaluation, treatment, and education of patients with arthritis is available. A comprehensive evaluation is completed and an individualized treatment plan developed to assist individuals with arthritis in managing their condition and accessing the community resources available to them. For further information contact the Outpatient Rehabilitation Clinic at 563-421-3460.

Children’s Therapy and Wellness Center – This interdisciplinary program is for infants, children, and adolescents. Services are provided in the treatment of physical disabilities, developmental delays, neurosensory impairments, orthopedic injuries and communication disorders. Our pediatric therapists have special training in the areas of aquatic therapy, developmental hand function, neurodevelopmental treatment (NDT), handwriting without tears, proprioceptive neuromuscular facilitation, sensory integration, sibling support, sign language, and therapeutic listening. Services are available for the following conditions: autism, brain injury, cerebral palsy, cleft palate, developmental delay, diabetes, down syndrome, feeding problems, hearing impairment, learning disabilities, neurosensory impairments, obesity, pervasive developmental disorders, physical disabilities, visual perceptual difficulties, vocal nodules, and wheelchair evaluation and fitting. In addition to the traditional outpatient services, Genesis also provides a summer program of therapy, which is designed to supplement the school based therapeutic program. For more information contact the Rehabilitation Outpatient Clinic at 563-421-3460.

Community Reintegration (CR) – CR sessions provide the patients with opportunities to practice the skills they have been developing in therapy in a community setting of their choice during the inpatient and outpatient therapy programs. The patient, therapist, and family (when available) all participate in the community reintegration session.

Driving Evaluation and Training – This program is provided by the Occupational Therapy Department. There are two phases to the program. The clinical phase of the evaluation lasts approximately two hours and is completed by an occupational therapist, who is a certified driving rehabilitation specialist. The evaluation assesses the patient’s abilities/limitations in several areas such as comprehension, memory and reaction time. If the patient successfully passes the clinical evaluation, he or she will next complete the behind-the-wheel evaluation. For more information, contact the Occupational Therapy Department at 563-421-1480.
**Fall Prevention Program** – This program aims to help older adults improve their level of strength, so they can better perform day-to-day tasks without the risk of falling. This program will help improve balance, endurance, muscle strength, and coordination. The program is an eight-week, 16 session program with meeting locations in both Bettendorf and Davenport. The Genesis program is unique because each participant will complete a functional fitness assessment both before and after the 16 sessions. The assessment measures four functional areas: balance, agility, strength, and coordination. For more information contact the Therapeutic Recreation Department at 421-1440.

**Home Evaluation** – The purpose of the home evaluation is to ensure the patient returns to an environment that is safe and promotes as much independence as possible. If needed, an evaluation will be done while completing the inpatient program to determine accessibility related to the patients’ functional abilities.

**Infrared Program** – The Anodyne Therapy System is available at Genesis Medical Center Davenport – West Campus and Genesis Medical Center – DeWitt campus. This infrared system is a non-invasive treatment emitting infrared energy that penetrates the skin and causes the release of nitric oxide, which improves blood flow. Other benefits received with this treatment are healing of damaged nerves. Restoration of proper nerve function and improved sensation leads to reduced risk for developing ulcers and improves balance. Patients also report a decrease in uncomfortable sensations such as pain, burning, “pins and needles”, numbness, and warmth. Exercise is an important part of the regime because it further enhances circulation and improves balance. In addition to the treatment of diabetic peripheral neuropathy, infrared therapy can reduce edema, inflammation, and pain. It can also enhance soft tissue remodeling for wounds and fractures. For more information contact the Physical Therapy Department in Davenport at 563-421-1470 or in DeWitt at 563-659-4265.

**Learning Independence for Tomorrow** - LIFT is a community based, non-traditional approach to the treatment of adults with brain injuries. This is a 4-day a week program offered at the Genesis Medical Park Clinic at Maplecrest. It is specifically designed for patients ages 17 or older that no longer need inpatient rehabilitation care but are not able to fully integrate back into their previous lifestyle due to cognitive/behavioral impairments. The goal of the program is to enable patients to re-enter the community and lead independent lives, including return to work, school and/or independent living. This Program has the distinction of being the only Brain Injury Outpatient Rehabilitation Program (Adults) in the State of Iowa that is accredited by CARF, a nationally recognized accrediting authority whose sole concern is to promote quality services for people with disabilities. For more information contact the Rehabilitation Outpatient Clinic at 563-421-3460.

**Lee Silverman Voice Therapy** – This therapy, also abbreviated as LSVT, is an intensive and specific treatment program designed for those individuals with voice and speech problems associated with Parkinson’s Disease. LSVT treatment sessions are scheduled 4 times weekly for 4 weeks for a total of 16 hours of therapy. Patients are asked to practice outside of the treatment session as well. Therapy and practice sessions address “loud” sounds, phrases, conversation, and high and low notes. Later sessions apply the new “loud” voice to more functional communication activities including use of the telephone, talking within a group setting, and other types of recreational arenas. Many activities focus on patient safety such as calling for help or assistance, or relaying specific needs.

Research summaries have shown that when individuals speak loudly, vocal cord closure and articulation improve. Thus, many patients with swallowing issues have shown improvement in those areas as well. As patients become accustomed to speaking louder, their pronunciation, inflection and facial expressiveness tends to improve. Patients receiving LSVT are often seen as becoming more involved in communication with family, friends, and medical personnel than before.
Studies have indicated that many patients who have received LSVT are able to maintain these benefits one year or longer. Several other patients benefit from LSVT therapy including those who have experienced a stroke, brain injury, cerebral palsy, or have weak vocal cords.

**Lymphedema Management** – Specially trained staff are available to provide treatment of upper and lower extremity lymphedema. The program consists of education, massage, bandaging, and exercise. For more information call the Rehabilitation Outpatient Clinic at 563-421-3495.

**Massage Therapy** – A licensed massage therapist is available onsite at the Genesis Medical Park Clinic at Maplecrest. Appointments can be made by calling 563-421-3460.

**Neurofeedback** – Neurofeedback is a technique in which the brain is trained to improve self-regulation. Essentially, it is biofeedback for the brain. The therapist attaches sensors to a patient’s unshaved scalp and through these sensors, the device measures electrical impulses in the brain, amplifies them and records them on a computer screen. These electrical impulses are divided into different types of brain waves and monitored while the patient is performing cognitive tasks involving thinking, reading, reasoning, listening and/or attention maintenance and shifting.

Some of the problem areas addressed and found to benefit from Neurofeedback are ADD/ADHD, bipolar disorder, depression, cognitive impairment, anxiety disorders, migraines, learning disability, sleep dysregulation, autism, and substance abuse.

Goals of Neurofeedback are to improve memory, quality of sleep, attention and concentration, abstract thinking, pragmatic language and communication skills. As a result, patients experience increased self-esteem and better job performance. For additional information, contact the Department of Speech Pathology or Occupational Therapy at 563-421-1400 or 563-421-1480 and ask for the Neurofeedback Specialist.

**Occupational Rehabilitation** – Rehabilitation programming which focuses on the needs of the injured worker is available at two Outpatient Clinics. Services included are: acute injury management, functional capacity evaluations, work hardening, pre-work functional screening, and ergonomic evaluations. For more information call 563-421-3495 (Davenport) or 563-332-4422 (Bettendorf).

**Oral Myofunctional Therapy** – A speech/language pathologist provides specialized therapy to correct an imbalance between the tongue and facial muscles used at rest and for swallowing. For more information contact the Speech Pathology Department at 563-421-1400.

**Stroke Prevention and Recovery Center (SPARC)** This is an outpatient program that provides stroke survivors and their families access to rehabilitation professionals, activities, classes and educational materials at the Genesis Medical Park Clinic at Maplecrest. Support Group meetings are free to all who wish to take advantage of the opportunity. For more information, contact the Rehabilitation Outpatient Clinic at 563-421-3460.

**Vestibular/Balance Disorder Evaluation and Treatment** – Vestibular rehabilitation serves patients with dizziness and other related balance problems. It consists of a comprehensive evaluation and treatment plan provided by a physical therapist. For more information call 563-421-3460

**Work Site Evaluation** – A work site evaluation may be completed for patients that have concerns regarding returning to employment following their stay in the Rehabilitation Program. This type of evaluation is completed on an outpatient basis to assess accessibility and make recommendations to eliminate performance obstacles. Many patients defer this type of evaluation during the inpatient phase of recovery, as it is possible that some of the barriers may resolve at a further point in the continuum of services. The patient and treatment team will discuss options for this type of evaluation and at what point in the rehabilitation process it would be most appropriate.
Outpatient Locations - Iowa

**Genesis Medical Park at Maplecrest**  2535 Maplecrest Road in Bettendorf, IA

Outpatients receive treatment in a bright, 10,000 square foot facility equipped with state-of-the-art equipment. The therapy gym includes weight training stations, free weights and cardiovascular training equipment including stationary bikes, treadmill and stair climber. Also available is a heated therapeutic pool, a computerized balance assessment system, specially designed kitchen and bathroom facilities for training of functional skills, multiple computer terminals for cognitive and language training, and specially-designed pediatric treatment rooms and equipment. In addition to traditional occupational, physical and speech/language therapy services the following programs are available at this site: Children’s Therapy and Wellness Center, Massage Therapy, Aquatics, Brain Injury Day Treatment Program (LIFT), Arthritis Program, Balance Program, Women’s Health, and Sports Injury Program. For more information, call 563-421-3460.

**Genesis Outpatient Therapy at Valley Fair**  2720 W. Locust Street, Suite 8B in Davenport, IA

Outpatient therapy services, including occupational therapy, physical therapy and speech/language services are available in a newly remodeled 10,000 square foot facility in west Davenport. The gym includes weight training stations and cardiovascular training equipment. There is a dedicated space for the evaluation and treatment of the injured worker. The new work hardening area allows the therapist to closely replicate many job functions in the clinic setting. The rehabilitation treatment plan can be tailored to each injured workers’ specific job to insure a rapid return to work. Services also include functional capacity evaluations, functional job analysis, pre-work screenings, and functional job description development. Also available at this clinic are services for the treatment of lymphedema and sports injuries. For more information, call 563-421-3495.

**Genesis Medical Center – DeWitt**  1118 11th Street in DeWitt, IA

Occupational therapy, physical therapy and speech/language services are available for persons of all ages at the DeWitt facility. In addition to providing services to outpatients, the highly qualified therapists serve patients in the acute, skilled, long-term care and home health settings. Being able to follow the patient through the continuum of care can maximize continuity and speed recovery. One of the specialty services offered at the DeWitt facility is the Infrared Program (Anodyne Therapy) used to improve sensation and enhance soft tissue healing. Also available to the athlete is a sports performance program. For more information, call 563-659-4265.

**Genesis Physical Therapy at Crow Valley**  2300 53rd Avenue, Suite LL02, Bettendorf, IA

Experienced rehabilitation professionals with specific skills in managing and treating both orthopedic conditions and sports-related injuries practice at this location. This new clinic was designed and equipment purchased specifically for the treatment of orthopedic and sports-related injuries. Comprehensive evaluations which consider sport and/or work specific requirements are completed on each patient prior to treatment and the establishment of an appropriate exercise program. Additional programming focuses on the treatment of injured workers, hand therapy and the enhancement of sports performance. Individual treatment plans are developed for all patients and athletes. All ages of patients, both surgical and nonsurgical, are treated at this clinic. For more information, call 563-332-4422.
Outpatient Locations - Illinois

Illini Physical Therapy at Genesis Medical Center - Illini Campus  1455 Hospital Road, Silvis, IL
Illini Physical Therapy at the Two Rivers YMCA  2040 53rd Street in Moline, IL

Illini Physical Therapy offers services at two convenient locations. Occupational therapy, physical therapy and speech/language services are provided. Therapists work with a wide variety of orthopedic, neurologic, and arthritis related diagnoses for all age groups. At both sites, patients receive treatment in a spacious, bright treatment environment, which includes a therapy gym, private treatment areas, and equipment to increase strength and endurance. At the Two Rivers YMCA there are also two pools; a therapeutic pool (92° F) and a cool pool (84-86° F). Patients have the opportunity to transition to the PULSE or YMCA programs. For more information, call 309-792-4313.

Community Education

Stroke Risk Assessment (Screening)/Education –
Staff from the Genesis Physical Medicine and Rehabilitation Program are available to conduct stroke risk assessments or educational seminars. The educational seminars focus on the signs and symptoms of stroke, actions to take if these symptoms appear, and ways to reduce your risk of stroke. For more information, contact the Genesis Outpatient Rehabilitation Program at 563-421-3460.

Think First for Kids – This is a comprehensive injury prevention program developed by the Think First National Injury Prevention Foundation. It is designed to educate children in grades 1-3 about the prevention of brain, spinal cord and other traumatic injuries. The curriculum contains six separate modules, each 1 hour in length. For more information, contact the Genesis Physical Medicine and Rehabilitation Office at 563-421-1421.
Support Groups

The following support groups are available at one of the Genesis Medical Center facilities. For information regarding dates, times and location:

Aphasia, Fibromyalgia, and Stroke Support Groups, call 563-421-3490

Brain Injury Support Group, call 563-421-1421

Spinal Cord Injury Support Group, call 563-421-1441

For further information about all of the services and specialty programs of the Genesis Physical Medicine and Rehabilitation Service Line, please contact the Physical Medicine and Rehabilitation office at 563-421-1421.

For information about Genesis Cardiac Rehabilitation, Pulmonary Rehabilitation, or the Multiple Addiction Recovery Center please refer to their individual web sites.