

# Rock Your Recovery

Let our experienced team get you back to doing what you love!



## Physical Therapy

Improve functional mobility including: gait, wheelchair mobility and transfers

Increase balance (sitting and standing)

Increase strength and range of motion

Address acute or chronic pain

Improve skin integrity



## Occupational Therapy

Improve your ability to complete Activities of Daily Living (ADLs) such as: dressing, bathing, self-feeding and toileting

Train in the use of adaptive equipment

Improve posture and assess positioning (i.e. wheelchair positioning)

Address incontinence  
Increase strength and range of motion

Reduce pain



## Speech Therapy

Increase your ability to make yourself understood

Increase your ability to understand others in social conversations

Improve memory problems/forgetfulness

by developing strategies to improve memory for Activities of Daily Living

Increase safety awareness during ADLs to decrease risk of injury

Improve your ability to safely swallow and reduce coughing and choking while eating and drinking

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**Diversicare of Oneonta**

**Healthcare & Rehabilitation Center**

[www.diversicareofoneonta.com](http://www.diversicareofoneonta.com)

Our team of talented and experienced therapists creates customized rehabilitation programs based on current needs and your goals for the future. Our physical, occupational and speech-language pathologists specialize in innovative therapeutic approaches that focus on achieving your best outcomes.

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