

Licensed PTs, OTs, and STs provide comprehensive evaluation and treatment to program participants of all ages (infants to adults).

Patients are encouraged to participate in goal setting and treatment planning.

Individualized treatment programs are provided on a one on one basis.

For Appointments:

508-825-8191

Hours of Operation:

Mon-Fri 7:00am-7:00pm



Nantucket Cottage Hospital
57 Prospect Street
Nantucket, MA 02554

*Nantucket Cottage Hospital is an affiliate
of Massachusetts General Hospital
and a member of
Partners HealthCare, Inc.*

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Rehabilitation Department
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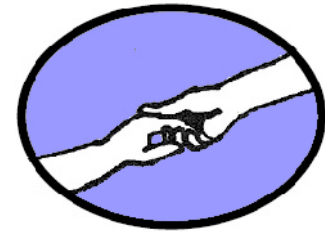
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**Nantucket Cottage
Hospital**

Rehabilitation Services

- Physical Therapy
- Occupational Therapy
- Speech Therapy



*A healing, personal
approach*

Physical Therapy

Our Physical Therapists

focus on:

- Prevention of physical disabilities and restoration of function
- Rehabilitation of persons disabled by pain, disease or injury
- Treatment of the whole individual addressing deficits in motion, strength, flexibility, balance, walking ability and functional activities
- Use of therapeutic modalities
 - ◆ Ultrasound
 - ◆ Electrical Stimulation
 - ◆ Iontophoresis
 - ◆ Traction
- Manual Techniques
 - ◆ Joint Mobilization
 - ◆ Soft Tissue Massage
 - ◆ Myofascial Release
 - ◆ Muscle Energy
 - ◆ Strain/ Counterstrain
 - ◆ Neural Mobilization
 - ◆ Craniosacral Therapy
- Therapeutic Exercise
- Assistive Device Training
- Prosthetic Training
- Balance Activities
- Bracing/ Orthotic Recommendation
- Aquatic Therapy
- Patient Education

Speech Therapy

Through the speech therapy program patients of all ages can receive help for difficulties in the following areas:

Dysphagia:

- Determining the safest food consistencies
- Eating without choking or coughing
- Learning swallow strategies
- Learning exercises that will help to strengthen the chew and swallow process

Recall and Problem Solving:

- Learning strategies to increase recall of activities of daily living
- Home follow-up activities

Speech Production:

- Increasing oral motor control
- Increasing ability to produce a targeted sound or word
- Use of the targeted sound/words in sentences or conversation
- Auditory Processing:
 - Improve understanding of what words mean
 - Improve ability to process that information

Strategies include:

- allowing extra time for processing
- repeating the information or direction before acting upon it
- Using written messages

Speech Therapy services can address a variety of needs. The therapy might need to be provided 1,2, or 3 times a week to meet the patient's needs, and would last as appropriate for meeting the patient's goals.

Occupational Therapy

Our Occupational Therapists

focus on:

- The promotion of health and wellness
- Adapting one's environment or activity to facilitate independence.
- Activities of daily living skills (ADL's) such as bathing, grooming, dressing, toileting, and feeding.
- Restoration of function in the upper extremity affected by pain, disease or injury
- Addressing upper extremity deficits in strength, range of motion, coordination, fine motor dexterity, and overall functional abilities
- Adaptive equipment recommendations and usage training

