

# PHYSICAL THERAPY



Ministry Rehabilitation Services  
A Department of Sacred Heart-  
Saint Mary's Hospitals

At Ministry Rehabilitation Services, physical therapists have been helping people achieve their goals for over 30 years. Our progressive team of highly skilled therapists identifies treatment goals and shapes personalized programs that meet the needs of each individual.

## SPECIALTY AREAS

- ▶ Headaches
- ▶ Incontinence
- ▶ Low Back Pain
- ▶ Sports Medicine
- ▶ Neck Pain

## What is physical therapy?

Whether your goal is walking independently or breaking a high-jump record, your physical therapy begins with a comprehensive evaluation. A treatment plan is developed to meet your needs and achieve your goals.

Treatment focuses on increasing strength, relieving pain, self-management techniques and preventing further injury. Your treatment plan may also include education for you and your family on self-care at home to ensure continued healing.



## How can physical therapy help you?

Physical therapists work with a wide range of people. The following is a partial list of those who may benefit from physical therapy:

- ▶ A construction worker injured on the job
- ▶ An infant with a birth defect
- ▶ A weekend athlete
- ▶ A person who suffers from multiple sclerosis or other neurological disorders
- ▶ A woman with urinary incontinence
- ▶ A person recovering from a total joint replacement
- ▶ A person with an open wound or burn
- ▶ A pregnant woman with low back pain

At Ministry Rehabilitation Services, we are dedicated to helping you recover faster and more completely. For more information or to set up an appointment call (888) 843-1367.



## Ministry Rehabilitation Services

A Department of Sacred Heart-  
Saint Mary's Hospitals

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Rhineland, WI 54501  
(715) 361-2300

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(888) 843-1367 • [ministryhealth.org](http://ministryhealth.org)

Joint pain and dysfunction are among the most common medical problems in the world.

More than 90% of these problems can be managed successfully by carefully following a supervised rehabilitation program, which includes hands-on treatment techniques, exercise and prevention education.

PHYSICAL  
THERAPY



### Ministry Rehabilitation Services Northern Wisconsin's most comprehensive rehabilitation center:

- ▶ Aquatic Therapy
- ▶ Comprehensive Pain Management
- ▶ Industrial Rehabilitation
- ▶ Occupational Therapy
- ▶ Physical Therapy
- ▶ Speech Therapy
- ▶ Sports Medicine
- ▶ Women's Specialty Services
- ▶ Wound, Ostomy, Continence Care