

Center for Athletic and Industrial Rehabilitation and Education Services

CAIRES

The Keokuk Area Hospital Department of Rehabilitation takes a progressive approach to patient care. Many departments are actually within this one department. We provide a full range of professional services: physical therapy, occupational therapy, industrial rehabilitation and sports medicine. Our goal is simple. We promote injury prevention and rapid recovery by restoring our patients to their fullest possible function. Whether you are recovering from an illness or injury, wish to learn more about workplace safety or are interested in maximizing your athletic performance, we are here for you.

Physical Therapy

Your physical therapist, highly trained in the interaction of all body movements and functions, first performs a comprehensive, hands-on evaluation to acquire information about your specific concerns. In coordination with referring health care practitioners, therapists design aggressive, results-oriented, treatment plans to reduce pain, restore strength, flexibility and endurance, and to return patients to their fullest possible function. Modalities performed by our highly qualified physical therapists and physical therapy assistants may include Neuromuscular Re-education and Biofeedback, Therapeutic Exercise, Iontophoresis, Joint Mobilization, Electrical Stimulation, and Ultrasound.

Occupational Therapy

Occupational Therapists work with people with many different health problems in different settings. The primary goal of Occupational Therapy is to help individuals become as independent as possible with daily tasks in their everyday lives. OT Practitioners work closely with other members of the health care team to facilitate wellness, rehabilitation and optimum independence. Individuals are assisted in recognizing tools and techniques necessary to help them be as independent and productive as possible. Individuals with health problems are helped to analyze the demands of their home, work, leisure and community activities.

Industrial Rehabilitation

KAH's Industrial Rehabilitation Program is a member of the Work Injury Network (WIN), a national network of rehabilitation facilities servicing business and industry in the prevention, treatment and rehabilitation of employees injured at work. Companies have turned to us for the following services: Early Injury Intervention, Post-Job-Offer Screening, Objective Functional and Work Capacity Evaluations, Job and Work-Site Analysis, Physical Therapy, Consultation and Treatment, Work Conditioning/Hardening Programs, Prevention, Safety and Educational Services.

Sports Medicine

Whether you are a student or recreational athlete, we are here to help prevent, treat and rehabilitate your sports-related injuries. Our team of professionals offers athletes the kind of aggressive rehabilitation management and personal attention that professional athletes have enjoyed for years. The Sports Medicine Program offers a variety of services: Injury Prevention, Education, Physical Therapy Consultation and Treatment, Progressive Rehabilitation and Conditioning (to maximize athletic performance).