

First Visit and Therapy Expectations

Our job begins well before you arrive for your first appointment. From gathering referral information, verifying insurance coverage, to convenient scheduling, our staff covers the bases to ensure a worthwhile first visit. Upon arrival, the patient goes through a brief check-in process followed by a thorough initial evaluation performed by a licensed therapist.

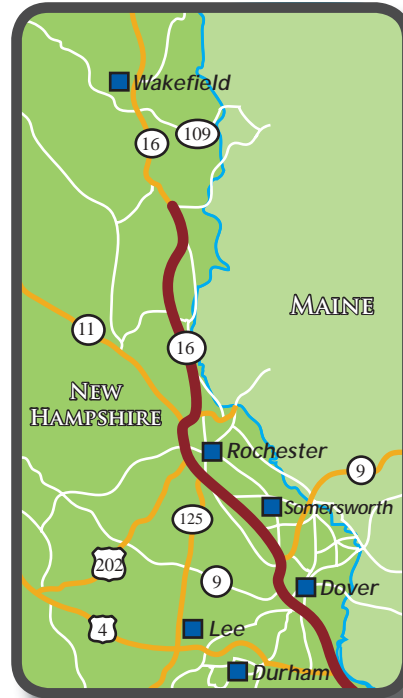
During the evaluation the therapist gathers information to create a plan of care specifically for you. Our therapists use up-to-date techniques and state-of-the-art equipment in your treatment. We spend time educating each person about their diagnosis, teaching them ways to help themselves while at home.

Insurance

Rehab 3 is a participating provider with most insurance companies. For more information about coverage, please contact us directly.

Financial Assistance

At Rehab 3 we aim to make medical care available to all patients regardless of their financial means. To do this we offer our Financial Assistance to ensure everyone who qualifies has access to the care they need. Please contact us directly to find out how to get started.



 **Frisbie Memorial Hospital**
It's about People. Technology. Trust.

95 South Main Street • Rochester, NH 03867
Ph: 603-330-8952

Marsh Brook
Rehabilitation Services

7 Marsh Brook Drive • Suite 101 • Somersworth, NH 03878
Ph: 603-749-6686

 **Wentworth-Douglass Hospital**
THE SEACOAST'S LEADING MEDICAL CENTER

789 Central Avenue • Dover, NH 03820
Ph: 603-740-2101

www.rehab-3.com

Our Rehab Professionals



www.rehab-3.com

Rehab 3 Allied Health Professionals

A variety of professionals contribute to meeting the health care needs of patients. Our therapists evaluate our patients to create a plan of care, offer treatment options and instruct in home exercises. Our Rehab 3 professionals include:

- Occupational Therapists
 - Occupational Therapist Assistants
- Physical Therapists
 - Physical Therapist Assistants
- Speech-Language Pathologists
- Athletic Trainers
- Cardiac Rehab Nurses

Occupational Therapists

Occupational Therapists (OTs) help children and adults acquire, regain, or maintain daily living and working skills. They help people increase motor skills, dexterity, strength, and independence. OT's also help patients acquire skills such as cooking, using computers, and utilizing adaptive equipment.



Rehab 3

A partnership between Wentworth-Douglass Hospital, Marsh Brook Rehabilitation Services, and Frisbie Memorial Hospital, Rehab 3 offers comprehensive and coordinated rehabilitation services throughout Strafford and Carroll Counties. Responding to the needs of the community one person at a time.

One High Standard, Three Local Partners

Many Rehab 3 OT's specialize in hand therapy and have learned a variety of advanced skills in the evaluation and treatment of upper extremity disorders.

Occupational Therapist Assistants (COTAs)

Occupational Therapist Assistants work with OT's to help children and adults gain skills needed to take part in daily activities and meaningful occupations. They are responsible for treating, monitoring, and recording patient's progress and reporting any concerns to the supervising occupational therapist.

Physical Therapists

Physical therapists diagnose and treat individuals of all ages who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives. PTs examine each individual and develop a plan using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability.

Physical Therapist Assistants (PTAs)

Physical Therapist Assistants work in partnership with physical therapists to maximize the patients' overall function. PTAs implement the plan of care set by the physical therapist to help patients achieve their goals. They carefully monitor patients' progress and report outcomes to the supervising physical therapist.

Speech-Language Pathologists

Speech-Language Pathologists (SLP's), sometimes called speech therapists, assess, diagnose, treat, and help prevent disorders related to speech, language, cognitive-communication, swallowing,



and fluency. They also help individuals improve their voice and language skills.

Athletic Trainers

Athletic Trainers specialize in prevention, assessment, treatment, and rehabilitation of athletic injuries. They enhance athletic performance by using their knowledge of injuries, strength and conditioning training, and athletics. Our athletic trainers work at many local schools and within our Center for Athletes sports performance facility.

Cardiac Rehab Nurses

Cardiac Rehab Nurses work with patients who have suffered from various conditions of the cardiovascular system. They closely monitor patients before, during, and after exercise programs to assure activity tolerance and safety and progress them in their exercise regimen.

