

# HealthSouth Mid America Rehabilitation Hospital Arthritis Program



The Arthritis Program at HealthSouth Mid America Rehabilitation Hospital provides eligible patients with a multidisciplinary rehabilitation approach to overcoming the challenges presented by arthritis.

## Goals

- Perform an individualized assessment of the patient's strengths and limitations
- Provide education on disease process, adaptive strategies, functional training and appropriate equipment
- Maximize the patient's functional independence at home, work and in the community

## Admission Criteria

- Physical and/or cognitive deficits resulting from various forms of arthritis including, but not limited to: osteoarthritis (OA), rheumatoid arthritis (RA) and degenerative joint disease (DJD)
- Ability to participate in intensive physical therapy and occupational therapy, including aquatic therapy
- Potential for meeting feasible rehabilitation goals

## Multidisciplinary Team

- **Physiatrist:** Provides ongoing medical management and supervision of the rehabilitation team
- **Rehabilitation nurse:** Provides 'round-the-clock' monitoring of medical care and educates patients and families how to manage healthcare needs after leaving the hospital
- **Case manager:** Assures continuity of care by facilitating family involvement in the therapy program, communicating with external case managers and insurance companies, and providing information on community, financial and legal resources
- **Physical therapist (PT):** Focuses on movement dysfunction; assists patients with walking, teaches wheelchair transfer techniques and provides orthotic/prosthetic device evaluation and training
- **Occupational therapist (OT):** Teaches patients self-care skills for activities of daily living, such as bathing, dressing, eating and food preparation; addresses cognitive (thought) and perceptual (visual) deficits
- **Nutritional counseling:** Our registered dietician helps patients and families develop proper diets and menus to help prevent future health problems
- **Psychologist:** Assists patient and family with adjustment to physical, emotional and personality changes

## Program Features

- Multidisciplinary team approach
- Modalities for pain management
- Aquatic exercise in heated pool
- Education classes on body mechanics, joint protection, energy conservation, stress, pain management, nutrition and modification of daily and leisure activities

## Contact Us

For more information about the Arthritis Program at HealthSouth Mid America Rehabilitation Hospital or to make a referral, please call 913 491-2434.

*A Higher Level of Care*

**HEALTHSOUTH**  
MidAmericaRehabilitationHospital

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*Mid America Rehabilitation Hospital is a joint venture  
of HealthSouth Corporation  
and Shawnee Mission Medical Center.*