

FirstLight Health System Therapy Services

Physical Therapy

ACL Custom Brace Fitting
Amputee Management and Treatment
Back Pain Programs
BPPV Treatment and Vestibular Screening
Chronic Pain Management
Custom Foot Orthotics – selection, casting and fitting
Exercise Program Development
Fall Prevention
General Orthopedic Conditions
General Neurological Conditions
Headache Management
Home Safety Assessment*
Pediatrics
Pavlik Harness Fitting for hip dysplasia
Torticollis Evaluation and Treatment
Pool Therapy – at AmericInn Mora
Post-Op Management and treatment
TMJ evaluation and treatment

Lymphedema

Custom compression garment selection and fitting
Flexitouch – mechanical device for lymphatic drainage
Short-stretch bandaging
Manual lymph drainage

Sports Medicine

Brace Fitting
Concussion Management
Injury Prevention and treatment
Interscholastic Athlete Population
Return-to-Sport therapy
Strength and Conditioning Programs

Urinary Incontinence

Childhood bedwetting (over the age of 6)
Female and Male: stress, urge or mixed incontinence
Internal biofeedback available

Wound Care

Cultures
Dressing selection
Sharps debridement
Wound Vac Expertise

Women's Health

Pre/Post Partum Low Back Pain Management
Osteoporosis Program
Urinary Incontinence

Occupational Therapy

Adaptive equipment assessment and education
Compensatory technique education
Custom splint design and fabrication
Desensitization
Ergonomic Expertise – Work site evaluation for FirstLight employees
Hand, Wrist, Elbow Rehabilitation
Pediatrics
Post-surgical management
Physical agent modalities
Scar management

ADL Evaluation and Treatment

Higher Level Function Assessment and Training
Meal preparation
Money management
Medication schedule management
Home Safety ADL assessment*
Self-care education and training:
Bathing
Dressing
Feeding
Grooming
Toileting

Cognitive Testing

Allen Cognitive testing
Cognitive retraining treatments

Sensory Integration

Hypersensitivity or hyposensitivity
Proprioceptive systems
Tactile
Fluidotherapy

Visual Screening

Compensatory technique training
Depth Perception
Visual Neglect
Visual-spatial deficits

Speech Therapy

Apraxia testing
Augmentative communication
Auditory Processing
Articulation testing
Cleft palate resonance disorders
Cognitive testing
Fluency
High Level Language testing
Language testing
Memory
Pediatrics
Socialization testing
Speech testing
Voice testing
Vocabulary

Swallow testing

Bedside swallow assessments
Texture analysis
Testing of lip and lingual strength
Feeding
Videofluoroscopies

Cardiac Services

CT Cardiac Angiography
Event Recorders - 7, 14, 21 or 30 day
Holter Monitors - 24 or 48 hr
Myoview: treadmill or adenosine
Phase I and II Cardiac Rehab
Stress Testing
Stress Echos

For Rehabilitation Services call 320-679-1212.

*Home therapy is available and contracted through Public Health Nursing Services.

Each life, each day.

