



# REHABILITATION SERVICES

**PHYSICAL THERAPY | OCCUPATIONAL THERAPY  
SPEECH THERAPY**



## OUTPATIENT PAVILION

**Physical Therapy | Occupational Therapy | Speech Therapy**

📍 1000 Rush Drive, Salida, CO 81201

☎ (719) 530-2040



## BUENA VISTA HEALTH CENTER

**Physical Therapy | Occupational Therapy | Speech Therapy**

📍 28374 CR 317, Buena Vista, CO 81211

☎ (719) 395-9048



## CUSTER COUNTY HEALTH CENTER

**Physical Therapy**

📍 704 Edwards Avenue, Westcliffe, CO 81252

☎ (719) 783-2380 ext. 12



## SAGUACHE HEALTH CENTER

**Physical Therapy**

📍 405 N. Denver Avenue, Saguache, CO 81149

☎ (719) 530-2040

**[HRRMC.com/services/rehab](https://HRRMC.com/services/rehab)**



# WELCOME

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At HRRMC Rehabilitation, you will find a friendly and motivating environment, whether at your hospital bedside or in one of our well-equipped outpatient therapy clinics. HRRMC employs an experienced group of providers who are innovators in healthcare. We maintain a high standard of practice in our disciplines and are committed to working closely with your healthcare team to achieve the best possible results. With each visit, we strive to move you closer to feeling your best and returning to your activities.

*Our mission is to provide outstanding, expert care to our patients in a nurturing environment that prioritizes patient satisfaction and functional gains.*

## OUR SERVICES

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### PHYSICAL THERAPY

HRRMC's physical therapists (PTs) teach concepts and techniques specific to physical movement. PTs help to significantly improve your mobility, ability to perform daily activities, provide physical assessments for chronic issues--in many cases without long-term use of prescription medication. Our PTs help restore function to muscles, tendons, ligaments, nerves and other systems to promote healing and improve quality of life.

**PT Services include:** Aquatic physical therapy, pelvic floor therapy, arthritis management, pre and post-surgical rehab, pediatric therapy, strength/movement training, dry needling and vestibular therapy (for dizziness), among others.



### OCCUPATIONAL THERAPY

HRRMC's occupational therapists (OTs) help patients across the lifespan engage in life to the fullest through adapting and relearning skills. OTs help modify an environment as needed when life has been disrupted due to injury, accident, chronic or acute conditions, birth defects, aging and emotional or developmental problems. Our OTs can help one regain independence in all areas of occupation: Self-care, child rearing, pet care, work, education, play, leisure, sleep and social participation.

**Our OT services include:** Upper extremity rehab, cognitive-behavioral strategies and methods, education and training with adaptive devices, home-safety assessments and pediatric therapy, among others.



### SPEECH THERAPY

HRRMC's speech-language pathologists (SLPs) help individuals of all ages with speech, voice, language, cognitive function and swallowing disorders. Speech therapy helps individuals express themselves, understand spoken or written word or to swallow safely. Speech therapy aims to improve communication skills, quality of life, school performance and social development.

**Our ST services include:** Cognitive retraining, treatment of the loss of ability to express or understand speech, stuttering treatment and dysphagia/swallowing disorder therapy, among others.



HEART OF THE ROCKIES  
REGIONAL MEDICAL CENTER