

Facts our patients should know...

Appointments — We're here Monday through Saturday. Appointments are available between 7 am and 5:30 pm Monday through Friday, and 8 am to noon on Saturday. Unless there is an emergency, you will not be kept waiting more than ten minutes for your appointment, but please allow yourself 45 minutes to an hour for each physical therapy session.

Cancellations — Please notify us 24 hours in advance when you need to cancel or reschedule your set appointment.

Insurance — Please tell us about your coverage on your first visit. We'll be glad to work with you and bill your medical insurance directly if you wish. Any time there is any change in your coverage, please let us know to prevent any misunderstandings or unnecessary delays.

Without Insurance — Talk with us ahead of time about payment arrangements. If you are not covered by insurance, we will be happy to set up a payment plan.

Cost for Medical Equipment — Your particular insurance coverage will determine whether or not payment for equipment is included in your plan.

Other Options — Our primary concern is for your health and general well-being. We don't want your recovery complicated or delayed because of payment concerns. Let's talk about your needs, then together we will find a suitable payment arrangement for you.

You can choose us...

Lincoln Physical Therapy is open to the public. Anyone under a doctor's care can access therapy services locally. Ask your health care provider to call (509) 725-2976. For more information log on to www.lincolnhospital.org.

Lincoln Hospital
(509) 725-7101

North Basin Medical Clinics
1-888-474-2728

Davenport Clinic
(509) 725-7501

Reardan Clinic
(509) 796-2737

Wilbur Clinic
(509) 647-5321

Lincoln Hospital Dist. 3



YOUR GUIDE TO

Physical Therapy at Lincoln Hospital



Neighbors For Life

(509) 725-2976

Shorten the road to recovery at Lincoln Physical Therapy

Your health and recovery is our primary concern at Lincoln Hospital Physical Therapy. You are our number one priority, and the most important part of your rehabilitation.

When you receive treatment from our therapists, they willingly pass on their knowledge to you, making patient education an important part of your physical improvement. You are never just a “number” at Lincoln Hospital Physical Therapy. Our treatment philosophy is built on knowing each of our patients as individuals — people with special lives and unique needs.

Our staff is highly trained to treat:

- Orthopedic Injuries
- Sports & Industrial Injuries
- Auto Injuries
- Joint Pain
- Neurological Disorders
- Urinary Incontinence
- Soft Tissue Injuries

We also offer specialty services:

- Massage Therapy
- Manual & Hand Therapy
- Sports Physicals
- Gym Program

*Experience the difference
a comfortable, caring and
compassionate setting can make
in your recovery.*

Caring for the whole person

After an illness or injury, your world is often turned upside down. Our top priority is to assist you in getting your life back through intensive therapeutic sessions. We have cutting edge equipment and the training and knowledge to use it to maximize your recovery. Our individualized service begins with a comprehensive physical therapy evaluation and structural assessment and is followed by a focus on personal recovery goals. Knowing your physical and personal challenges gives our staff a better vision for your complete and rapid recovery.



Prevent illness and injury with our Gym Program

Strength. Flexibility. Healthy lifestyle choices.

These are keys to injury and disease prevention. But getting a complete, personalized workout isn't easy at home. That's why Lincoln Physical Therapy is offering its Gym Program — to give you a safe, professional and individualized exercise program utilizing quality equipment and expert advice. We focus on helping you meet your goal whether it's weight loss, building muscle or overall better health.



Our Gym Program hours are 7:30 a.m. to 5 p.m. Monday through Friday and the program is open to the public at a \$35 minimal monthly fee.

Return to independence

Through Occupational Therapy, we teach you how to carry out your daily activities more easily.

Sometimes, modifying your home or obtaining the right equipment can make a big difference. If reaching or gripping cause pain, or you have difficulty bending down to tie your shoes, our therapists can show you strategies and devices that help you regain independence and reduce pain.



There are hundreds of gadgets to make your life easier. Our staff lets you try out equipment before you purchase it so you don't spend money unnecessarily. If you need a wheelchair during recovery, we can fit you with one.

Before you are discharged from inpatient services, we assess you in your home for safety and have all the equipment you need. Our therapists point out unsafe areas that might cause falls or injuries. We suggest how you can set up your workspace at home to enhance posture and prevent further injury. Your full recovery is our top priority.

**At Lincoln Hospital
Occupational Therapy, our
goal is to help you get back to
doing the things that make life
worth living.**