


SPECIALIZED REHABILITATION PROGRAMS

Rehabilitation experts Physical Therapists, Occupational Therapists and Speech-Language Pathologists at Queen of the Valley Wellness Center work with you to create individual programs that are based on goals important to you and your loved ones. Some of our specialized programs include:

- Balance/Fall Risk Reduction – including use of the Nintendo “Wii” system and the HUR Balance System along with recommendations for modification of home environments.
- Aquatic Rehabilitation – using our warm water pool as part of a comprehensive rehabilitation program
- Cancer Rehabilitation - including edema/lymphedema reduction and post breast cancer surgery rehabilitation provided by Certified Lymphedema Therapists
- Women’s Health Issues - including incontinence using a biofeedback modality
- Ergonomic (workplace) Assessments and Modifications
- Wheelchair Seating and Mobility Training
- Temporomandibular Joint Dysfunction (TMJ) Rehabilitation
- Neonate/Pediatric Rehabilitation – including developmental delays in swallowing, feeding disorders, mobility and communication
- Dysphagia – including Vital-Stim-certified staff to assist in restoring swallowing function

Queen of the Valley Medical Center, a nationally recognized acute care center, is the largest health care facility in Napa County. Services provided include: a Regional Heart Center, a Regional Orthopedic Center, a Cancer Center, a Women’s Center, maternity and infant care, inpatient and outpatient minimally invasive surgery, occupational health, and full-service emergency department, among many other specialty services. We provide a comprehensive range of care and services to restore patients to health and vitality in body, mind and spirit.

Looking for just the right doctor?
Call 1.877.QUEEN LINE (1.877.783.3654)

Wellness Center
Queen of the Valley
Medical Center 
ST. JOSEPH
HEALTH SYSTEM
A Ministry of the
Sisters of St. Joseph
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QV-269-634

QUEEN OF THE VALLEY
MEDICAL CENTER

OUTPATIENT REHABILITATION CENTER



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A “CONTINUUM OF CARE”

Outpatient Rehabilitation Services at the Queen of the Valley Wellness Center are one part of a “continuum of care” that includes inpatient and outpatient rehabilitation and general fitness services.

OUR TEAM OF EXPERTS

The Outpatient Rehabilitation Services team includes highly trained and skilled staff from different disciplines—Physical Therapy, Occupational Therapy and Speech-Language Pathology. These professionals work closely with physicians and other healthcare professionals to return patients to an active and fulfilling life.

Physical Therapy: Our Physical Therapists and Physical Therapy Assistants provide hands-on treatment, individualized exercise programs and other state-of-the-art methods to relieve pain and restore function. They are fully trained and qualified to treat orthopedic and post-surgical conditions, neurological and balance impairments, persistent pain, work-related injuries and women’s health issues, such as lymphedema and urinary incontinence.



Occupational Therapy: Our Occupational Therapists and Occupational Therapy Assistants help clients with physical and cognitive challenges regain their ability to safely and effectively perform essential activities of daily living (ADLs) such as dressing, grooming, bathing, food preparation, eating and community re-entry.

In addition, our California-certified Hand Therapists provide rehabilitation for arm and hand injuries resulting from trauma, degenerative conditions, repetitive motion and other work-related causes.

Speech Therapy: Our Speech-Language Pathologists help patients overcome communication, cognitive and swallowing disorders including those resulting from strokes or other brain injuries. They also provide comprehensive rehabilitation services for children. And patient and family education are always very important parts of the treatment plan.

Queen of the Valley Medical Center is one of the few facilities in the Bay Area to offer the new VitalStim therapy that helps patients re-establish coordination of the nerves and muscles in the throat and mouth needed for proper swallowing.

HOW WE WORK TOGETHER

Our Outpatient Rehabilitation Services team works together to achieve the best possible outcomes for our patients, particularly those with complex and challenging problems such as brain injuries.

For example, a Physical Therapist may work with a stroke patient on mobility, strength and balance challenges, while an Occupational Therapist may focus on their capabilities in self-care, meal preparation and use of community transportation systems. Speech-Language

Pathologists will simultaneously address issues of cognition, communication and swallowing.

Our comprehensive services teach patients how to manage pain, prevent future injuries and continue progress on their own, with the support of their families, once they complete therapy.

HELPING YOU STAY WELL

Once outpatient therapy is complete, patients often transition into an individualized, progressive exercise program at Synergy, the integrated fitness center at Queen of the Valley Wellness Center. Therapists collaborate with Synergy trainers and group exercise instructors to ensure that patients receive maximum benefit with minimum risk.

