



# Rehabilitative Services

## Advanced, Personalized Therapy Programs

Northwestern Medicine Lake Forest Hospital Rehabilitative Services offers Lake County residents comprehensive, accessible and specialized rehabilitative services provided by licensed physical and occupational therapists and speech pathologists.

Your hospital-based therapists will collaborate with your physicians to develop an individual treatment plan that helps you return to your activities as safely and quickly as possible. During each therapy session, you will have the personal attention of your licensed therapist.

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### Convenience and quality

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One-on-one sessions to ensure you receive more time and personal attention from your therapist

Fully licensed, highly trained physical and occupational therapists and speech pathologists

Multiple locations in Lake Forest and Grayslake with hours that include mornings, lunchtime, evenings and Saturdays

Highly specialized individual and advanced therapy options

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**Please visit us at [nm.org](http://nm.org) to learn more, or email us with any questions at [rehabservices@nm.org](mailto:rehabservices@nm.org).**

**Physical therapists** treat individuals with physical dysfunction due to injury or disease, and can help prevent injuries from occurring, such as through athletic training.

**Occupational therapists** help people learn or re-learn the fine motor skills that provide independence in everyday life.

**Speech language pathologists** diagnose and treat communication and swallowing disorders.

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### Specialty services

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Aquatic therapy	Pediatric services (Center for Child Development)
Concussion rehabilitation	Pelvic floor program
Driver assessment	Speech therapy
Fall prevention	Sports medicine
Hand therapy	Temporomandibular joint (TMJ) therapy
Therapy related to oncology (cancer)	Vestibular rehabilitation
Parkinson's/movement disorders therapy	Video fluoroscopy (swallow study)
Pediatric feeding therapy	

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### We look forward to getting you back on track

Whether you have been referred by a physician or are exploring a specialized therapy program on your own, Northwestern Medicine Lake Forest Hospital Rehabilitative Services provides personalized, accessible and comprehensive care. Our fully licensed staff works closely with your physician with one goal in mind: to help you make a safe, confident and—whenever possible—pain-free return to your pre-symptom functionality.

# Rehabilitative Services

## Services and Locations

To schedule an appointment, please call Central Scheduling at 847.535.8000 with your physician's order.	NORTHWESTERN MEDICINE LAKE FOREST HEALTH & FITNESS CENTER 1200 North Westmoreland Road Suite 100, Lake Forest	NORTHWESTERN MEDICINE LAKE FOREST HEALTH & FITNESS CENTER 1200 North Westmoreland Road Suite 200, Lake Forest	NORTHWESTERN MEDICINE GRAYSLAKE OUTPATIENT CENTER 1475 East Belvidere Road Grayslake
Aquatic Therapy*		◆	
Cancer - Oncology Physical Therapy		◆	◆
Cancer - Lymphedema		◆	◆
Center for Child Development (Pediatric Therapy)	◆		◆
Driver Assessment	◆		
Fall Prevention/Balance		◆	◆
Hand Therapy	◆		◆
Occupational Therapy	◆		◆
Parkinson's/Movement Disorders	◆	◆	◆
Pediatric Feeding	◆		◆
Pelvic Floor Program**			◆
Physical Therapy		◆	◆
Speech and Language Therapy	◆		◆
Sports Medicine		◆	◆
Sports-Specific Programs: Biking, Golf, Racquet Sports, Running		◆	
Temporal-Mandibular Disorders (TMD)		◆	◆
Vestibular Rehabilitation		◆	◆
Video Fluoroscopy (Swallow Study)	◆		

\* Also available at Northwestern Medicine Lindenhurst Health & Fitness Center, 3098 Falling Waters Boulevard, Lindenhurst, 847.535.7601

\*\* Also available at Northwestern Medicine Lake Forest Hospital, 1000 North Westmoreland Road, Lake Forest, 847.926.0106

