

# Wellness for Better Health

You'll learn new exercises you can incorporate into your normal activities, and we will also teach you how to manage important lifestyle factors such as stress and emotional triggers that can negatively impact us. Even adding just one element of wellness to your current lifestyle can help you live wise, and live well.

At the conclusion of your therapy, with pain under control and strength restored, we can offer a therapy maintenance program to maintain the gains you've achieved.



## John Knox Village

For more information about our outpatient therapy programs, please contact the outpatient therapy clinic at Village Assisted Living.

Our services are approved by Medicare and are also covered by most private health insurances.

### Outpatient Therapy

Windsor Room at John Knox Village  
400 N.W. Murray Road,  
Lee's Summit, MO 64081

**816-347-2738**

Fax: 816-347-2078 • [www.jkv.org](http://www.jkv.org)

# Outpatient Therapy



## John Knox Village





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## Outpatient Therapy

John Knox Village has been the leader in senior care and senior living for nearly 50 years. We bring that same expertise to providing outpatient therapy for older adults. Our clinic team understands how mature bodies respond differently, and they are aware of injuries, disorders and disease processes common to older adults.

When you visit, our therapists will combine evaluation, education, and rehabilitation to design a treatment plan tailored to meet your needs. Together, we will work to reduce your pain, increase your overall strength, coordination, while reducing your risk for injuries and improving your ability to perform everyday tasks.

Our goal is to help you achieve greater independence, with a renewed sense of confidence and a higher quality of life.

## Let us help you with:

- Recovery from hip, knee or shoulder surgery
- Orthopedic problems
- Joint pain and back pain
- Arthritis
- Strokes
- Vestibular and balance problems
- Speech and swallowing problems
- Difficulty walking
- Osteoporosis
- Incontinence



## Types of Therapy

### Physical Therapy

Physical therapy focuses on bones, joints, muscles and nerves. Physical therapists also work with individuals to prevent loss of mobility by developing fitness- and wellness-oriented programs for healthier and more active lifestyles.

### Occupational Therapy

Occupational therapy develops your ability to perform everyday activities like bathing, dressing, grooming and feeding. Therapists can identify problems in these areas and help improve your skills and/or teach alternative ways to accomplish them.

### Speech Therapy

Speech therapy focuses on improving a person's ability to communicate effectively and to eat safely and independently. We can identify problems with speech, memory loss, breathing and swallowing and provide treatment to enhance your ability to communicate with family, friends, and doctors.

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