



# Recovery Happens Here

## LIFEQUEST GYM – OUTPATIENT THERAPY

### At Tabitha, We're Experts in Therapy:

Physical	Increased mobility, strength, activity tolerance, balance and fall prevention
Occupational	Additional self-care skills, mobility, home equipment needs and coordination
Speech/Language	Improved communication, memory, cognition and swallowing
LSVT BIG® & SPEAK OUT!®	Helps those with Parkinson's Disease (PD) optimize how they use their body and improve small and large motor movements, as well as speech
Lymphedema	Works to reduce inflammation and pain in those with cancer, rheumatoid arthritis and congestive heart failure, where excess fluid collects in tissues and causes swelling

#### Outpatient Therapy

Join us at Tabitha LifeQuest gyms for sessions, IDEAL FOR:

- Therapy before a planned surgery for optimal recovery
- Rehabilitation after an accident or hospital stay
- Orthopedic conditions and joint replacement
- Neurological conditions

Tabitha's therapists work with you to develop a **unique, individualized treatment plan** designed to help meet your goals. Exceptional **one-on-one sessions** are led by therapists in Tabitha's bright and airy gyms.

Our by-appointment therapy gives you the flexibility to arrange your sessions—which are **covered by Medicare Part B** and private insurance.

*"The physical and occupational therapists were beyond excellent. I couldn't have asked for anything better. I would refer anyone to go to Tabitha for any type of therapy."*

– WILLIAM ROWELL

Read on about William's experience



“  
*I told the physical  
and occupational  
therapists that I didn't  
want to be babied—I  
want to be challenged.  
They challenged me  
and, in most cases, I  
met the challenge.”*  
Rowell said. *“They  
were impressed  
with me, and I was  
impressed with them.*

**Contact Tabitha's  
Rehabilitation  
Experts today to  
learn more**  
**402.486.8501**  
**TABITHA.ORG**

When 67-year-old William Rowell needed outpatient rehabilitation therapy after getting his right knee replaced, he was given three options: a facility his wife had used previously; a place he wasn't familiar with at all; and Tabitha.

For the Lincoln resident, **the answer was Tabitha.**

It wasn't William's first time receiving therapy from Tabitha's rehabilitation experts—or the first time he had a knee replaced. But it was his first time using Tabitha's outpatient therapy program.

Following his left knee replacement in March 2021 and surgery to repair his crushed right ankle in September 2020, William completed his short-term, inpatient rehabilitation stay at Tabitha. He went through Veteran's Affairs for his outpatient rehabilitation following both.

But now William was looking for a customized therapy approach that would help him meet his goals: to walk without using a cane or walker when all was said and done; to be able to take care of himself without assistance while tending to his daily personal needs; and to be back to cycling again.

It was the conversations he had with Tabitha's therapists during his inpatient therapy that convinced William that Tabitha was the best place to help him meet his goals. He asked questions—*What would be different from inpatient versus outpatient rehabilitation? What kind of exercises would be a challenge?*—and he liked the answers he got.

His outpatient program would follow the same plan as his inpatient work, and as he progressed, he would be given different exercises to accomplish.

“That's exactly what they did. They were constantly challenging me, and that's what impressed me the most,” William said. “It didn't matter which therapist it was, they would have different exercises for me to do. I have a whole memory bank of different exercises now.”

After completing his outpatient rehabilitation, William met each of his goals. He's fully independent, and he walks up and down the steps smoothly, with a full range of motion.

And the avid cyclist is back on his bike again.