Outpatient Rehabilitation

The end of your hospital-based therapy does not mean the end of your recovery. Your doctor may recommend continued therapy when you leave.

What is outpatient rehab?
Outpatient rehab is therapy provided to those individuals who need continued Occupational Therapy (OT), Physical Therapy (PT), or Speech Language Pathologist (SLP) services after they leave the hospital. Medical and social services are also available.

What does therapy focus on?
Therapy is individualized, and your therapists will help you regain the skills needed to return to:

- Home
- Community
- Work
- School
- Leisure activities

How long will the therapy program last?
Most patients receive individual OT, PT, or SLP 2 to 3 times per week for 8 to 12 weeks. Therapy sessions are usually 30 minutes to one hour each. Group therapy may also be part of your program.
How much improvement can be expected?

The amount of improvement varies according to many factors, including age, severity of stroke, overall health, motivation, goals, etc. Therapy emphasizes achieving functional skills (work activities, homemaking, driving, etc.) rather than on moving a specific body part or saying a certain word.

How will I know the best rehabilitation center for me?

Your case manager or social worker can meet with you and your family to discuss issues such as therapy programs, transportation, convenience, and insurance coverage. This can help you find the best outpatient program for you.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.