Typical Day

St. Mary Medical Center Rehabilitation Floor

Monday – Friday

Time of Day	Activity	Description
7:00 – 7:30 a.m.	Wake up	Your nurse will provide you with your daily rehabilitation schedule. Your treatment day will include physical and occupational therapies. Other scheduled therapies may include: psychological, speech, recreational or pet therapy. A home evaluation may also be ordered for certain patients.
7:30 a.m.	Breakfast	A dietician is available to assist with food preferences. You will complete daily menu selections for either a regular or restricted diet.
7:30 or 8:15 a.m.	First Treatment	Each therapy session is 45 minutes in length and patients receive four (4) sessions per day.
8:15 – 9:00 a.m.	Getting Ready for the Day Initial Evaluations	This may start as early as 7:30 a.m. Your nurse or therapist will help you get ready for the day. Initial evaluations will be done in the morning after admission.
9:00 – 9:45 a.m.	Activities of Daily Living (ADLs)	Patients may participate in cooking activities and laundry tasks as part of their treatment
10:30 – 11:15 a.m.	Exercise [1] or Strengthening [2] or Cognition [3] activities	Type of activity is dependent on the individual patient's need/condition/injury. Each therapy session is tailored to the goals set for each patient.
Noon	Lunch	
1:00 – 4:00 p.m.	Therapies	The last therapy is usually scheduled for 3:15 p.m. but may be as late as 4:15 p.m.
5:00 p.m.	Dinner	

(1) Exercises may be conducted in the patient's room, gym, hallway or patio, (2) Using weights or aerobic equipment (such as stationary bikes), (3) Puzzle sequencing

In addition:

- Patients will see their primary care physicians and a Physiatrist (Physical Medicine Physician) everyday.
- Patients also have access to our pastoral care department everyday.
- Patients will be seen by a social worker 2-3 times per week to discuss financial support, home planning and discharge planning

Saturday

On Saturday, patients will receive at least two (2) therapy sessions but may be as many as four (4).

Sunday

On Sunday, patients are able to rest because no therapies are scheduled.

Times are approximate
Medical Director sees patients each day

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