



**WESTERN WISCONSIN HEALTH**  
Rehabilitation Department  
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## Rehab Expectations at Western Wisconsin Health

### Our expectations of our patients:

- You play the most important role in your recovery.
- When you have questions or concerns, we want you to talk to us.
- You will be ready and willing for all scheduled rehab appointments.
- Nursing is told our expectations for you while moving in your room, and we expect that you adhere to those expectations as well.

*For example: if we recommend you are in your chair for all meals, we expect that you are in your chair for all meals even though nursing staff are doing the asking rather than rehab.*

- Trust that we always have your best interests at heart and we have the experience and knowledge to help you achieve your goals.

### What you can expect from us:

- Our goal is for you to discharge home; our job is to help you achieve those goals.
- Sometimes, we may push you beyond your comfort level. That is a part of rehab that most patients experience, but we will not push you without explaining why it will benefit you.
- We will not push you beyond what in our medical opinion is more than you are capable of achieving.
- We will always be honest with you and you are always free to ask questions.

### Treatment sessions

- Rehab as primary qualifier:
  - You will be seen twice a day by PT and OT and possibly once over the weekend.
  - Initial length of time for treatment sessions will be based on your evaluation.
  - Our expectation is that patients progress towards 60 min treatment sessions.
- Rehab as secondary service:
  - You will be seen twice a week by PT and OT, not on weekends.
  - You will be expected to do exercises on your own as well as walking with nursing as requested in between therapy appointments.
  - Length of sessions will be based on all medical factors in addition to physical needs.