

We Meet You Where You Are

As an important part of Stonehill Communities' full continuum of health and wellness services, our therapy and rehabilitation services meet you where you are and help you work toward personalized goals. Our team has the expertise and experience to provide the level of services appropriate for your needs. And as your needs change, we are ready to help you transition.

Post-Acute Rehabilitation

Therapy during your short-term post-acute stay at the Stonehill Communities Health Center following an injury or illness to help you regain function and return home.

Long-Term Care Rehabilitation

For those who call Stonehill home, therapy is available to improve mobility, range of motion, and residents' ability to participate in regular activities of daily living.

Outpatient Rehabilitation at Stonehill

You don't have to be a resident at Stonehill to receive services. Therapy services are available to members of the community as an outpatient.

Regardless of where you transition from—hospital, skilled stay, or home—we provide the highest quality services. Stonehill's convenience helps you keep your health and wellness as your primary focus. We work closely with both Dubuque hospitals and are a member of their preferred provider networks. Most insurance plans are accepted.

When you discharge from a post-acute rehabilitative stay or outpatient therapy, we encourage you to continue your wellness journey with a free 3-month All-Inclusive Membership to the Stonehill Wellness Center.



Proud to partner with:



To set up a therapy appointment,
please contact:

Stonehill Therapy Department

563.690.9637

therapy@stonehilldbq.com

Hours: By appointment

Stonehill Communities
3485 Windsor Ave. Dubuque, IA 52001

(p) 563.557.7180

(f) 563.557.8934

stonehilldbq.com 



A Legacy of Living Well.



Therapy Services

Stonehill Communities offers Physical Therapy, Occupational Therapy, and Speech/Language Pathology services to residents of Stonehill and members of the community.

Therapy Services are provided on-site in partnership with Select Rehabilitation[®] through a comprehensive, collaborative approach designed to help you get back to your best.

Physical Therapy

Physical therapy helps you improve muscle strength and coordination following an injury or illness. The focus is on mobility—moving safely in bed, getting up and down from a chair, walking or negotiating stairs, ramps and curves.

Our therapists work closely with your physicians and nursing staff to develop an individualized program based on your unique challenges and goals that helps you restore function and decrease pain.

Our physical therapy programs specialize in:

- Fall Prevention
- Gait & Transfer Training
- LIFE Wellness
- Orthodic/Prosthetic Fitting
- Orthopedic Pre/Post Joint Camp
- Acute & Chronic Pain Management
- Work-Related Injuries
- Therapeutic Aquatics



SelectConnect™ Patient Portal

Select Rehabilitation® now offers the SelectConnect™ Patient Portal for post-acute inpatient therapy. This application allows for 24/7 access to patient progress and outcomes shared directly from the electronic medical record.



Occupational Therapy

Occupational therapists help you regain independence and redevelop skills for daily living such as eating, bathing, dressing, cooking, doing laundry or other tasks following an illness or injury.

Our occupational therapists develop customized plans and objectives to address your self-care, vocational, and leisure goals.

Our occupational therapy programs specialize in:

- Hand and Upper Extremity Injuries
- Splinting
- Acute & Chronic Pain Management
- Low Vision Treatment
- Activities of Daily Life (ADL) Retraining
- Incontinence Management
- Home Safety Assessments
- Seating & Positioning
- Lymphodema Management
- Community Reintegration

Speech Therapy

Speech-language pathologists specialize in rehabilitating speech, comprehension, reading and writing skills following neurological changes related to stroke, head injury, Parkinson's Disease, Multiple Sclerosis, ALS, and dementia.

They are also trained to maximize recovery of memory, attention, and problem solving skills to help with performance of tasks such as medication management or seeking help in an emergency. Speech-language pathologists can also assess and treat changes in your swallow and vocal abilities.



Speech therapy incorporates:

- daily life activity simulation targeting memory, attention, and problem solving skills
- compensatory strategy training
- exercise training of mouth, larynx, and/or swallowing muscles
- alternative communication training

Our speech-language pathologists specialize in:

- Verbal and Nonverbal Communication
- Cognitive Retraining related to Dementia or Acute Neurological Decline
- Swallowing Disorders Management
- Voice Disorders Management

Call for a therapy appointment or more information: 563.690.9637