

Take The First Step

Sometimes the first step to regaining mobility after surgery or traumatic injury is finding a Physical or Occupational Therapist who focuses on treatment effectiveness and challenges you to stay on the path to improvement and healing.

Working with your physician, our award-winning Rehabilitation Services team will develop a treatment plan to guide you, step-by-step, to regain movement, strength, coordination and overall function.

Our Rehab Team focuses on treatment and therapies that ensure our patients regain mobility and attain the highest level of independence.

Upon receiving a patient referral from a physician, the therapist(s) complete an evaluation and prepare a treatment plan. Progress is monitored and regular progress reports are provided to the referring physician.

Our state-of-art equipment offers a full range of modalities.

Numerous FOTO Outcomes Excellence Awards for Orthopedic Physical Therapy from Focus On Therapeutic Outcomes, Inc. (FOTO®) recognize the Rehabilitation team's dedication to patient outcomes and satisfaction. With a focus on treatment effectiveness, efficiency and patient satisfaction, the FOTO Outcomes data proves the quality of care provided by Boundary Community Hospital.

Rehabilitation Department Contact Information

For more information on the Rehabilitation Department or to make an appointment call (208) 267-3141 ext 4276

Outpatient Office Hours

Monday through Friday 8 am to 4 pm

Check In at the Admitting Reception Desk in Outpatient Services. Outpatient Services entrance is located on the southeast side of the Hospital off Comanche Street.



Rehabilitation Services

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- State-of-the-Art Equipment
- Bonners Ferry Location

Inpatient Post-Acute Care
Outpatient by Appointment



Rehabilitation Services

Petra Timmermans, PT-Rehab Manager
Didier Balcaen, PT, Certified MDT
Jeff Petersen, PT, DPT
Jessica Seaburg, PT, DPT, OCS
Tammy Edge, PTA
Yahtil Huaute, OT, DOT
Rob Aronow, MS, CCC-SLP

Phone (208) 267-3141 ext. 4276

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6640 Kaniksu Street, Bonners Ferry, ID 83805

www.boundarycommunityhospital.org



Boundary Community Hospital is accredited by DNV, certified by Medicare and Medicaid and licensed by the State of Idaho, Department of Health and Welfare.

Rehabilitation Services

Physical Therapy

Occupational Therapy

Speech Therapy

*Caring for Our Community,
Every Day*



Physical Therapy

Our physical therapists help patients regain their movement, strength, coordination, and overall function after surgery or injury. We offer therapeutic exercise programs, gait training, coordination, and balance training. We also use several techniques and modalities to decrease pain and swelling and promote tissue healing. Patients visit us for physical trauma or injury, arthritis, post-surgery, neurological conditions, orthopedic conditions, developmental delays, postural problems, and more. We have therapists who are specialized and certified in the McKenzie technique for back and neck injuries, the Bobath/NDT method for stroke rehabilitation, and lymph edema treatment.

State-of-the-Art equipment allows our therapists to choose the best methods and techniques to aid in your recovery.

Physical Therapy focus for both trauma and post-surgery clients

- ❖ Backs
- ❖ Knees
- ❖ Hips
- ❖ Shoulders
- ❖ Necks
- ❖ Balance
- ❖ Coordination
- ❖ Lymph Edema Care
- ❖ Stroke
- ❖ Dry Needling



Occupational Therapy

Occupational therapy works with a person who, due to illness or injury, can no longer perform routine daily activities.

After a stroke or injury, daily activities such as getting dressed or eating a meal may seem overwhelming. With the help of an occupational therapist, a patient learns new methods to accomplish daily tasks. The fine motor skills that may have been lost can be improved with occupational therapy.

Our occupational therapist helps patients to safely and independently perform activities of daily living such as feeding, bathing and dressing when the patient requires retraining in these basic life skills. For children who are developmentally delayed, we provide sensory integration, gross motor development, and fine motor training to improve the child's quality of life and ability to participate in school or sports programs.

Occupational Therapy focus

- ❖ Pediatrics and Adults
- ❖ Trauma and Post-Surgery Rehabilitation
- ❖ Neurological, Stroke Rehabilitation
- ❖ Activities of Daily Living
- ❖ Sensory Integration and Age Appropriate Skills



Speech Therapy

Our speech therapist is Rob Aronow. He has a Master's Degree and over 20 years of experience working with children and adults of all ages with speech, language, communication, cognitive and swallowing disorders. He evaluates and designs specific treatment plans to address each patient's individual needs.

These treatment plans can focus on developmental sound production, voice, comprehension skills, cognition, memory and learning as well as training and education of family and caregivers.

Rob is more than happy to answer any questions you might have about the services provided to help you or a loved one.

Feel free to give him a call anytime at 208 267-3141 ext 4358.



Rob Aronow, MS, CCC-SLP

Speech Therapy focus

- ❖ Children with speech difficulties.
- ❖ Adults with swallow and speech difficulties following strokes.
- ❖ Alternative communication skills
- ❖ Cognitive and memory training