



CONVENIENT,
QUALITY CARE THAT'S
CLOSE TO HOME



PEDIATRIC
REHABILITATION
PROGRAM

As a medical campus, Cortland Regional provides a high level of compassionate, skilled medical care to Cortland-area residents. And the Pediatric Rehabilitation Program is yet another way Cortland is bringing quality care in a convenient manner to our community.

PEDIATRIC REHABILITATION
PROGRAM'S MISSION

The program's mission is to make pediatric rehabilitative care easily accessible for children and their families through at-school and outpatient programs. These programs are designed to improve the quality of life for children with injuries or conditions that affect their physical functioning.



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PROGRAM

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134 Homer Avenue • Cortland, New York 13045
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AT-SCHOOL AND OUTPATIENT
OCCUPATIONAL, SPEECH, AND
PHYSICAL THERAPY FOR YOUR CHILD



PROGRAMS OFFERED

OUTPATIENT SERVICES

Children have access to the latest physical, speech and occupational therapies in a state-of-the-art setting at both Cortland Regional's main medical campus and the West Road facility.

AT-SCHOOL PROGRAMS

Cortland Regional's physical rehabilitation department contracts with school districts in and outside Cortland County for physical and/or occupational therapy services for grades K-12. The staff works in conjunction with the special education department, teachers and other school staff to develop a treatment plan to work on areas that effect the child's education. These sessions are carried out in the school setting, based on the students schedule.

EARLY INTERVENTION AND PRE-K PROGRAM

Cortland Regional's rehabilitation department works with children birth-6 years of age through contracts with Cortland County's Children with Special Needs Division and Family Enrichment Network to provide physical, occupational and speech services. Treatments through these contracts take place at home or at daycare centers across Cortland County.

Photo Courtesy of Syracuse Post-Standard

PROGRAM OUTLINE

- 1) Parent of child receives a written referral from their child's physician.
- 2) The child is assessed according to specific program guidelines. For outpatient services, early morning and later afternoon appointments are available.
- 3) The individualized program is developed and implemented.
- 4) The program's outcomes are reviewed and future recommendations are made.

PEDIATRIC REHABILITATION SERVICES

All services are performed by licensed and highly trained occupational, speech and physical therapists. These medical professionals work with children in the following areas:

- Developing and strengthening of motor skills such as fine-, gross-, and visual-motor
- Improving sensory processing and integration; developing strategies for daily function
- Teaching self-help and daily skills through activities
- Facilitating developmental play and movement skills
- Bettering social skills and interaction with others
- Implementing integration programs such as "Handwriting without Tears"
- Develop and strengthen speech and language skills including fluency

CHILDREN THAT BENEFIT FROM THE PROGRAM

This program benefits children Ages Birth-18.

- Those children with difficulties performing motor activities
- Trouble with organization in play-, personal- and work-related scenarios
- Poor balance and coordination
- Difficulties with activities that require small muscle control and coordination
- Handwriting challenges
- Trouble adjusting to new situations
- Social skills and peer interactions are strained
- Too much or too little reaction to sensations such as movement and touch
- Trouble with communication or speech delays



HOW CHILDREN CAN PARTICIPATE:

TO TAKE ADVANTAGE OF THE PEDIATRIC REHABILITATION PROGRAM, PARENTS CAN GET A REFERRAL FROM THEIR CHILD'S PEDIATRICIAN.

