

When can I receive therapy?

Physical Therapy is available by appointment Monday through Friday from 8 am to 6 pm.

Occupational Therapy is available by appointment Monday and Wednesday 8 am to noon.

How do I start therapy?

See your physician for a prescription, then call us at 873 -3670 for an appointment. Be sure to bring your insurance information and the prescription, along with a list of current medications, to your first appointment. Dress comfortably and in a way that we can see the part of the body we will be treating. For example, if we will be treating your hip or knee, you will need to bring a pair of athletic shorts.

What does therapy cost?

Therapy is billed in 15 minute increments based on the specific treatments provided. In most cases, NRMC will bill your insurance carrier. You will be responsible for any per visit co-payments and/or deductibles and coinsurance as dictated by your particular insurance plan. Payment arrangements can be made with the Patient Accounts Services Manager at the business office and uninsured or low income persons are encouraged to apply for NRMC's Charity Care Program.

Who are we?

Dana Hughes, MPT, OCS graduated from the Philadelphia College of Pharmacy and Science with a Master of Physical Therapy Degree and Bachelor of Health Science Degree in 1995. Originally from New Jersey, Dana and her husband Jimi relocated to Montana in 2002. Dana has worked in multiple settings including a trauma center, outpatient orthopedics and home care, with a strong interest in veterinary physical therapy. She is the head of the therapy department and is Board Certified in Orthopedics.

Jennifer Gruber, MPT received a Bachelor's Degree in Sport Science from Northern Michigan University before pursuing a Master's Degree in Physical Therapy from the University of Wisconsin-Madison. Originally from Illinois, she had been practicing in outpatient clinics in Michigan until her move to Cut Bank in 2004. She also practices craniosacral therapy and is Board Certified in Orthopedics as well.

Mary Lou Bahr, PTA is from Ashland, Montana. She earned a Bachelor's Degree in Education, K-12 PE, and a minor in Home Economics. She worked as a Home-Based Teacher for Head Start in Gallatin County, then earned a Physical Therapist Assistant Associate's Degree at Montana State University Great Falls. She has been employed at NRMC since 2002.

Darcy McAllister, OT is a native Montanan from Shelby who has earned two Bachelor's degrees, first in Psychology, then in Occupational Therapy. She has worked in a variety of settings, including outpatient orthopedics, skilled nursing facilities, acute care, and home health.

Northern Rockies Medical Center, Inc.

Physical Therapy
Occupational Therapy



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What is a Physical or Occupational Therapist?

PTs, PTAs, and OTs are highly educated and licensed health care providers who thoroughly examine and treat problems that affect people's ability to move and function. Physical Therapists provide services that help restore function, improve mobility, relieve pain, and prevent or limit permanent physical disabilities of patients suffering from injuries or disease and are assisted by Physical Therapist Assistants. PTAs are licensed by the State of Montana to provide services under a specified plan of care. Occupational Therapists help patients improve their ability to perform tasks at home or work, even tasks such as bathing and eating. They are also specialized in the treatment of hand injuries.

At NRMC, we work with patients of all ages and abilities. Patients are seen on an outpatient basis or in the hospital during their acute stay. Patients participating in the Swing Bed Program following hospitalization for illness, surgery or elective joint replacement may need a longer hospital stay and intensive rehabilitation prior to returning home. Our therapists can provide that service so that you or your family member can recover closer to home. We also work with residents of the Glacier Care Center.

For more information visit: www.apta.org or www.aota.org.

Where is the therapy department?

The therapy department is located on the corner of 2nd St and 7th Ave SE. We are on the lower level of the hospital in the corner lot.

What Occupational Therapy services are available?

- Inpatient and outpatient therapy
- Post surgical rehabilitation
- Hand Therapy
- Custom molded upper extremity splints
- Activities of daily living
- Paraffin bath
- Ultrasound
- Superficial and deep heat
- Electrical stimulation
- Adaptive equipment training
- Body Mechanics training
- Home Safety Assessments
- Ergonomic Assessments
- Wheelchair fitting and training



What Physical Therapy services are available?

- Inpatient rehabilitation
- Outpatient treatment for musculoskeletal and neurological disorders
- Post-surgical rehabilitation
- Pain management
- Wound care
- Burn care
- TENS units
- Therapeutic exercise
- Joint mobilization
- Soft tissue mobilization
- Therapeutic massage
- Myofascial Release
- Craniosacral Therapy
- Strain Counterstrain
- Spinal traction
- Iontophoresis
- Gait training
- Superficial and deep heat
- Ultrasound
- Electrical Stimulation
- Prosthetic training
- Wheelchair training
- Postural correction
- Body mechanics education
- Balance re-education
- Retailer of Biofreeze Pain Relieving Gel

