



SCREENING SERVICES

MAMMOGRAPHY SCREENING

Mammography is a breast x-ray that can detect tumors so small that even the most experienced professional cannot feel them. In many cases, it is the only way to detect tumors.

Guidelines for Mammograms: (American Cancer Society)

- Healthy women between the ages of 35 and 40, who show no signs of breast cancer, should have a baseline (first) mammogram scan to be used for future comparison.
- Women over age 40 should have a mammogram every year.

While mammography is an important method of detecting breast cancer, it does not find all tumors or growths. It is vital that women perform monthly self-breast examinations and have your physician perform physical examinations regularly.

BONE DENSITY SCANS

A bone density scan is a simple, but effective, screening tool to aid in the diagnosis of osteoporosis. It does not require a difficult preparation procedure or undressing to perform.

IMPORTANT NOTES

- A physician's prescription is required for all outpatient services.
- Wear comfortable clothing and supportive footwear.
- Arrive 15 minutes before your first scheduled appointment to complete registration.
- All appointments must be scheduled.
- Treatment is generally covered by Medicare, Medicaid or your private insurance. Check your policy for coverage.



POWELL
WELLNESS CENTER

Physical Therapy & Outpatient

1005 Golf Drive • Culpeper, VA 22701
phone: 540.829.4162
fax: 540.727.9634
www.culpeperhospital.com



MADISON PHYSICAL
THERAPY & REHAB

A Service of Culpeper Regional Hospital

1480 North Main Street • Suite B • Madison, VA 22727
phone: 540.948.3620
fax: 540.948.6753
www.culpeperhospital.com

OUTPATIENT REHABILITATIVE SERVICES

PHYSICAL THERAPY
OCCUPATIONAL THERAPY
SPEECH THERAPY

SCREENING SERVICES

MAMMOGRAPHY
BONE DENSITY



CULPEPER
REGIONAL HOSPITAL

Physical Therapy and Rehab

Culpeper Regional Hospital offers two state of the art centers of excellence for rehabilitative services; **Powell Wellness Physical Therapy & Outpatient and Madison Physical Therapy & Rehab**. These centers provide physical, occupational, and speech therapies for all ages. Powell Wellness Center also provides mammography and bone density scans in convenient, comfortable surroundings.

SPEECH AND LANGUAGE PATHOLOGY

Speech Therapy improves an individual's ability to communicate. Proper therapy can assist adults and children who have difficulty speaking or swallowing. Treatment can focus on:

Voice

- Poor quality of sound
- Little or no voice

Speech

- Articulation (specific sounds pronounced incorrectly or inappropriately)
- Stuttering

Language

- Listening or understanding difficulties
- Inability to use correct words, grammar or sentence structure

Swallowing

- Learning to swallow or adult swallowing problems

PHYSICAL THERAPY

Physical Therapy involves the assessment, management, and prevention of movement dysfunction. Upon your physician's request, a Physical Therapist will provide care and treatment in your recovery and management of:

- **Orthopedic Injury or Disease**
Bone fractures, sports and back injuries due to trauma/accident
- **Neurologic Injury or Disease**
Stroke, Multiple Sclerosis, Brain Injury, Parkinson's Disease, Cerebral Palsy, Spina Bifida, Autism, Balance Dysfunction
- **Post-Surgical Rehabilitation**
Orthopedic surgery, Mastectomy
- **Pain Management**
- **Pediatrics**
- **Lymphedema**
- **Women's Urinary Incontinence**
- **Wound Management**
Diabetic, Traumatic, Vascular, Burns

Physical Therapy uses a combination of exercise, manual therapy and modalities to improve strength, balance and flexibility. Physical Therapists work to preserve and/or restore each patient's maximum functional level and promote healing. **Aquatic Therapy** is also offered at our Powell Wellness Center facility to aid in healing and return of function.

OCCUPATIONAL THERAPY

Occupational Therapists are skilled in human growth and development. They help individuals achieve their maximum age appropriate function so they can be successful and achieve as much independence as possible with daily living skills. Services may include:

- Evaluation and treatment to improve upper extremity function (i.e. after surgery, orthopedic injury or neurological injury)
- Evaluation of home and job environment to optimize safety and independence
- Designing an individualized treatment program to improve daily living skills
- Fabricating or recommending splints or other adaptive equipment.
- Treatment of Lymphedema
- Therapists help children with various physical or developmental disabilities to achieve developmental milestones