

Speech Therapy Services



Amy Nash
Speech & Language
Therapist

Amy Nash, Speech & Language Therapist, joined the TCHS staff in 2008. Graduating from the University of Nebraska Kearney in 2004 with her masters in Communication Disorders, Amy is also trained in LSVT Loud Therapy, Vital Stim, and PROMPT Therapy.



Tracy Tietjen
Rehab Receptionist/
Office Manager

Tracy Tietjen, Rehab Receptionist/Office Manager, joined the TCHS rehab staff in spring of 2012. Originally from Ruskin, Tracy has brought over 24 years of healthcare work experience to her position. To schedule an appointment, please call Tracy at **402.768.4633**.

Aquatic Therapy Services

TCHS offers treatments and exercises performed in water for relaxation, fitness, and physical rehabilitation. It offers a wide range of benefits such as an increase in joint flexibility and muscle strength, improved balance, and a decrease in abnormal tone, spasticity, and rigidity, as well as a decrease in pain.

Your Aquatic Therapist will customize and train you in an aquatic exercise that is appropriate to your level.



Services Provided for — You at TCHS —

Treatment by Appointment & Medical Referral only

- Onsite Outpatient Physical, Occupational, & Speech Therapy
- In-Hospital Therapy for acute & swing bed patients
- Home Health Therapy
- Nursing, Assisted Living, & Care Home

Hours of Operation

6:30 AM - 5:00 PM

Monday - Friday



120 Park Avenue, Hebron, NE 68370
402.768.4633 | fax: 402.768.4670
www.ThayerCountyHealth.com

 **Thayer County
Health Services**

Exceptional Health... Close to Home



**PHYSICAL,
OCCUPATIONAL,
AND
SPEECH THERAPY**

Thayer County Health Services

Physical, Occupational, & Speech Therapy

What do Physical Therapists do?

Physical therapists treat individuals with diagnosis, such as orthopedic dysfunction and neurological impairments. A continuum of care is provided as patients progress from an inpatient to an outpatient setting. The goal for our patients is to achieve a smooth transition for those whose diagnosis allows them to maximize their rehabilitation potential. Educating families and patients about the impairments that challenge them enhances their ability to return to employment, school, and independent living.

What is Occupational Therapy?

Occupational therapy can help patients maximize their abilities in everyday aspects of life and maintain their quality of life. An Occupational Therapist can advise patients about techniques they can use to reduce fatigue and increase independence. They can also suggest equipment, in-home alterations, and individual programs which would enable our patients to improve their function in specific areas.

When should you see a Speech Therapist?

A speech therapist, also called a speech-language pathologist, evaluates, diagnoses, and treats difficulties involving speech, language, voice, fluency, and swallowing. Speech therapists work with children and adults who cannot produce sounds clearly, who have rhythm and fluency difficulties, or who have voice disorders. Individuals who have problems producing or understanding language, as well as those who want to modify an accent, can be helped by speech therapy.

Physical Therapy Services



Bradley Cooper
PT, DPT, OCS

Bradley Cooper, PT, DPT, OCS, joined the rehabilitation staff as the department head in June of 2000. He received his Masters and Doctorate of Physical Therapy from the University of NE Medical Center, Omaha. Brad became board certified as an Orthopedic Specialist by the APTA in 2007.



Steven Williams
PT, DPT, CCI

Steven Williams, PT, DPT, CCI, joined the Thayer County Health Services Rehabilitation staff in July of 2010. He received his Doctorate in Physical Therapy from Clarke University in Dubuque, IA. He has been credentialed as an Advanced Clinical Instructor by the APTA since July 2011.



Traci Zelenka
CPTA

Traci Zelenka, CPTA, has worked in the rehabilitation department of the hospital since 1998. She received her physical therapy assistant diploma in Colby, Kansas, and is certified in the state of Nebraska. Traci has been recognized by the American Physical Therapy Association with certification in advance

clinical knowledge in the area of orthopedics.



Shelby Schardt
CPTA

Shelby Schardt, CPTA, joined the TCHS rehab staff in September 2016. Shelby completed the Pharmacy Technician program at Southeast Community College in Beatrice before completing the Physical Therapist Assistant program at Southeast Community College in Lincoln. She graduated with distinction in March of 2015.

Occupational Therapy Services



Jessica Shepler
MOT, OTR/L

Jessica Shepler, MOT, OTR/L, joined the Rehabilitation staff in July of 2014. Jessica received her Masters in Occupational Therapy from College of Saint Mary's in Omaha, Nebraska. Jessica became certified in Physical Agent Modalities in October of 2014.



Anne Simms
BS, COTA

Anne Simms, BS, COTA, re-joined the rehab staff in May 2011 as a Certified Occupational Therapy Assistant after receiving her degree from Central Community College. Anne also received a Bachelors of Science degree in the area of Family Studies and Human Services from Kansas State University in May 2005. Anne became certified in

Superficial Thermal Agents in August 2011.

STAY POSITIVE. STAY FOCUSED. STAY STRONG.