

## Rehabilitation Therapy

1. **Question to Ask Your Therapy Team:** *What are the goals for my therapy so I can go home?*

2. **Question to ask:** *How is therapy progressing?*

- **Meeting goals as expected? Great!**
  - When can I go home?
  - What services will I need when I get there and who will help me coordinate them?
- **Not meeting goals as expected? (see next questions)**

3. **Question to ask if therapy is not progressing as expected:** *WHY??*

### Possible causes

- **Pain** - that is not optimally managed
- **Self-limiting** – not wanting to engage in the therapy
- **Carry-over issues** – Trouble remembering
- **Medical issues** – Determine cause of issue and address

4. **Question to ask if therapy is not progressing as expected:** *What is the plan to address possible causes for therapy not progressing as planned?*

### **Questions, Concerns – Contact Kat Breda, NP**

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**Email:** fractureMGH@partners.org (anytime)  
**Page:** 617-280-9956 (after-hours, weekends, holidays)