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**

- **Call:** 617-697-4806 (weekdays 7am-4pm)
- **Email:** fractureMGH@partners.org (anytime)
- **Page:** 617-280-9956 (after-hours, weekends, holidays)