

Morrison Rehabilitation Team  
pictured left to right  
Saral Davis, PT, Director of  
Rehabilitation Services; Chris  
Reilly, PTA; Amanda Langer,  
COTA; and Doug Hillman, OT



## **Saral Davis, PT Joins Morrison as Director of Rehabilitation Services**

### ***Inpatient & Outpatient Therapy Services Provided in Dana Rehabilitation Wing***

WHITEFIELD — An array of inpatient and outpatient physical, occupational and speech therapies are offered by The Morrison Communities in the Dana Rehabilitation Wing under the guidance of its new Director of Rehabilitation Services, Saral Davis, DPT.

“We have a very good system in place for treating long-term residents in our Skilled Nursing wings, and community members who require short-term inpatient therapy in the Dana Rehabilitation Wing,” says Davis. “One of my goals is to grow awareness throughout the North Country for the physical, occupational and speech therapy services Morrison can provide for people who require outpatient care and can be referred by their health care providers for outpatient rehabilitation.”

Originally from Montreal, Davis earned her Bachelor’s degree in Exercise Science with a focus on Clinical Exercise Physiology. She received her Doctorate in Physical Therapy from the University of New England in Portland. She has participated in a study that examined the effects of exercise on asthma and another study on fibromyalgia. Prior to joining Morrison, Davis worked for 10 years as a physical therapist in the long-term care/skilling nursing field and was a rehabilitation director for five of those years.

Volunteering has also had a big role in Davis's life. She volunteered in the therapy departments at several hospitals in Montreal; at the Montreal Association for the Blind where she helped develop and carry out exercise programs for the residents with visual impairments; and at a wellness center for the geriatric population, which also included special classes for people with neurological disorders, including MS, Parkinson's disease, strokes, etc. While there she developed a circuit training program for the clients to use to guide them through their wellness plan. She was later hired by the wellness center to continue this work. Ms. Davis has also worked as a personal trainer.

The Dana Rehabilitation Wing is a dedicated space where community members can recuperate from strokes, hip and knee replacements and other medical procedures that require a short- or long-term stay in a rehabilitation facility. The private and shared bedrooms all have private bathrooms. Patients receive skilled nursing care and physical, occupational and speech therapy with the goal of resuming their former lifestyles.

Long-term care residents in the Skilled Nursing wings also benefit from the array of rehabilitative therapy services when appropriate, followed by restorative nursing, which continues therapy guidelines. The restorative nursing program is designed with the goal of allowing residents to maintain the gains they have made while in therapy.

Davis oversees a "skilled and knowledgeable" staff that includes a physical therapist, occupational therapist, physical therapist assistant, occupational therapist assistant, part-time speech & language pathologist and a team of per diem therapists.

Morrison's physical therapists use the latest in rehabilitative equipment to restore function, improve mobility, relieve pain and prevent or limit permanent physical disabilities in areas such as walking, balance and leg strength. The occupational therapists work with patients to improve such things as hand and shoulder mobility and to ensure they can perform everyday tasks, such as getting out of bed, making a sandwich or using the stove without assistance. The speech & language pathologist addresses speech and swallowing disorders.

The therapy team also provides home evaluations for short-term residents to assess safety issues and determine if additional equipment is needed for an individual to successfully return home, and can assist in other areas as well, such as performing wheelchair fittings and positioning for comfort and wounds. "When in doubt," says Davis, "ask your doctor to write an evaluation and we can then do an assessment and see what we can help with."

"Our restorative and rehabilitative services help patients attain their maximum functionality," says Louise Belanger, Executive Director of Morrison Skilled Nursing Facility, "and we are so pleased to have Saral on board to support and enhance our efforts to provide the very best and up-to-date therapies for residents and community members."

Inpatient and outpatient physical, occupational and speech therapies are offered by The Morrison Communities. To schedule an appointment or for more information, contact Davis at Morrison at (603) 837-2541.

*The Morrison Communities is a non-profit 501©(3) charitable community that has been providing quality healthcare to residents of New Hampshire's North Country since 1903. For more information, go to [www.themorrisoncommunities.org](http://www.themorrisoncommunities.org)*