



OSF[®] HEALTHCARE

OSF HealthCare unveils rehabilitation center at Ottawa YMCA

Center will offer specialized care in physical, speech and occupational therapies

For immediate release

Contact: Paul Arco - Media Relations Coordinator | (815) 395-5036 | Paul.A.Arco@osfhealthcare.org

(MAY 8, 2024 | Ottawa, Ill.) – Patients needing rehabilitation services in Ottawa and surrounding communities will benefit greatly when OSF HealthCare opens a 7,500 square-foot healthcare rehabilitation center in the newly constructed Ottawa YMCA, 411 Canal St., located alongside the Illinois River in Ottawa.

This facility, known as OSF Rehabilitation at the Ottawa YMCA, will provide specialized care, including physical, speech and occupational therapies, creating a stronger sense of community health and overall well-being. Outpatient pulmonary and cardiac rehabilitation services and pediatric services will continue to be available at OSF HealthCare Saint Elizabeth Medical Center and **will not** be relocated to the Ottawa YMCA.

In addition to state-of-the-art exercise equipment, the facility's design will be enhanced by the innovative addition of a Solo Step — a ceiling-mounted harness — that will help therapists engage patients in more advanced activities while maintaining safety measures. The space will also include aquatic therapy that will benefit patients who need pool-based therapy.

Relocating the rehabilitation services to the YMCA from OSF Saint Elizabeth will allow patients to become acquainted with both equipment and staff, which could give community members added incentive to join the YMCA and pursue healthier lifestyles.

"OSF Saint Elizabeth Medical Center is excited to be affiliated with the Ottawa YMCA in this endeavor," says Dawn Trompeter, president of OSF HealthCare Saint Elizabeth Medical Center and OSF HealthCare Saint Paul Medical Center. "This is just one example of progress as we continue to evaluate the needs of the communities we serve, and the health care footprint of our I-80 market."

###

OSF HealthCare is an integrated health system founded by The Sisters of the Third Order of St. Francis. Headquartered in Peoria, Illinois. OSF HealthCare has 16 hospitals – 10 acute care, five critical access, one transitional care — with 2,131 licensed beds throughout Illinois and Michigan. OSF employs nearly 24,000 Mission Partners across 150+ locations; has two colleges of nursing; operates OSF Home Care Services, an extensive network of home health and hospice services; owns Pointcore, Inc., comprised of health care-related businesses; OSF HealthCare Foundation, the philanthropic arm for the organization; and OSF Ventures, which provides investment capital for promising health care innovation startups. In 2020, OSF OnCall was established, a digital health operating unit, including a hospital-at-home. OSF OnCall delivers care and services when, where and how patients prefer to receive them. OSF HealthCare has been recognized by Fortune as one of the most innovative companies in the country. More at osfhealthcare.org