

Outpatient Therapy Services

Iowa Health - Des Moines' Outpatient Therapy Services features seven Des Moines area locations and offers a wide variety of therapies, from physical, occupational and hand therapies to athletic training and sports analysis.

With seven convenient locations throughout the Des Moines metro area, you will find experienced physical therapists and licensed professionals who will work with you and your healthcare provider to design a program that is right for you. For more information or to schedule and appointment, call (515) 241-4499.

Sports Medicine

When you get injured while playing a sport or any type of activity, it's important to see a specialist who understands your injury and is specially trained to help get you back to living an active lifestyle as quickly and safely as possible. That's exactly the kind of care you will receive from Marc Molis, M.D., FAAFP, at Sports Medicine of Iowa. Whether you are a young athlete or professional baseball player, Dr. Molis will get you back in the game. For more information, or to schedule an appointment, call (515) 276-3406.

Dr. Molis with a patient



Iowa Health – Des Moines ORTHOPAEDIC SERVICES

Iowa Lutheran Hospital
700 East University Avenue
Des Moines, IA 50316
(515) 263-5452

Iowa Methodist Medical Center
1200 Pleasant Street
Des Moines, IA 50309
(515) 241-4499

Methodist West Hospital
1660 60th Street
West Des Moines, IA 50266
(515) 343-1365

iowahealth.org/ortho



Methodist • Lutheran • Blank

the better choice.

Iowa Health – Des Moines ORTHOPAEDIC SERVICES



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the better choice.

Restoring your mobility

fully and quickly is a priority for Iowa Health - Des Moines' Orthopaedic team. Our board-certified orthopaedic surgeons along with our specially-trained nurses and staff are recognized leaders in orthopaedic care. Iowa Health Orthopaedics, which includes Iowa Methodist, Iowa Lutheran and Methodist West, performs more than 1,500 total joint replacements each year - more than any other hospital in the state. This extensive experience leads to more successful outcomes with less time in the hospital for our patients.

To learn more about Orthopaedic Services at Iowa Health – Des Moines, visit us on our website at

iowahealth.org/ortho

the better choice.

Serving you at three convenient locations

Each patient room provides a comfortable atmosphere for our patients and families. There is family space and accommodations for a loved one to stay overnight. We provide a beautiful, peaceful, healing environment.



Iowa Methodist Medical Center



Iowa Lutheran Hospital



Methodist West Hospital

Our newly designed private patient rooms include a patient lounge chair specifically designed to accommodate a patient's bending restrictions following hip surgery.

Our units are designed as a healing environment to meet the unique needs of the orthopaedic patients we serve. This includes a physical therapy area, stairs and other design elements to enable members of your care team to work together to better meet your healthcare needs.

Patient Care Facilitators

Methodist West Hospital is proud to provide Iowa's first and only Patient Care Facilitators to care for orthopaedic patients. Patient Care Facilitators are registered nurses who manage the patient's overall hospital stay, coordinate communication of the entire healthcare team with the patient and family; and assure that every patient has the best possible outcome from their surgery and hospital stay. Their job is to be the patient's advocate, making sure the patient and family is well informed and gets the care they need and want.

