

Getting You Home, Faster, Stronger.

Our comprehensive rehabilitation services focus on helping residents return home faster and stronger, following an illness, injury or surgery. With use of our state-of-the-art therapy equipment, nurturing campus environment, and five-star amenities, our Rehab to Home and Prehabilitation services help residents regain the strength, functioning and mobility they need to return home as independently as possible.



Short-Term Rehabilitation



To see how we can help you or your loved one transition smoothly back to maximum independence and return home after an illness, injury or surgery, please stop by or call our health campus today.

Before you Rehab, Prehab!

Our pre-surgical exercise program, *Prehabilitation*, is designed to improve your strength and performance of functional tasks, as well as reduce the amount of pain and recovery time following your surgery. More physicians are prescribing prehabilitation (prehab) before surgery than ever before.

With our Prehab program, you can rest assured that you will quickly return to maximum independence. The staff at our health campus is specially trained to assist you in becoming as well-conditioned as possible prior to your surgery. Our specialized care extends throughout your entire recovery process, and you'll develop a close relationship with our team of dedicated therapists, who will also help you prepare for your rehabilitation routine after surgery, whether it's at home or in our health campus.

Our Prehab Care Plan Includes:

- **Assessment with a physical therapist that includes muscle strengthening, endurance training, joint protection and gait training**
- **Home exercise and post-operative education**
- **Evaluation with an occupational therapist that includes assessment of daily activities, including bathing and dressing**
- **Education on using devices necessary for recovery, including walkers, special bathroom equipment and items used is assisting with dressing and bathing**
- **Home assessment, ensuring all equipment is in place for a safe return home**

Home Again Rehabilitation Program

We also offer rehabilitation after your surgery. If you are unable to return home directly after your surgery, our *Home Again* rehabilitation program will provide everything you need to regain your independence!

This unique program offers a full range of medical and rehabilitation services, including physical therapy, occupational therapy and speech language pathology. Our residents exercise with some of the most modern equipment available, using innovative therapy approaches with proven results. Our team works directly with your physician to ensure your therapy goals are met. And, once you're ready to return home, we'll send you back with a courtesy meal that can easily be prepared in your own kitchen, and perform a home inspection to ensure your safety. Our highly-trained rehab staff lives by the philosophy that rehab is work, but it can also be fun!

Home Again Amenities Include:

- **Tastefully furnished private suites**
- **Chef-prepared meals**
- **Fine linens**
- **Cable television**
- **Telephone**
- **Concierge service**
- **Wireless access**
- **Much more!**

Home Again Personal Wellness Plans

We are proud to be an industry leader in reducing hospital readmissions. Once you're ready to return home, we'll provide you with a Personal Wellness Plan to reduce your chances of being re-admitted to the hospital. Our Personal Wellness Plans provide daily education on symptom management for many common diagnoses, such as Congestive Heart Failure, Pneumonia, and hip and knee replacement.

