

# Benefits of Therapy

## Improving Quality of Life

Our Rehab Department is here to help you recover from injury, illness, or surgery.

Our trained professionals will work to evaluate your rehab needs and provide family support for transition to home.

Specialized treatment programs are developed to help meet your unique needs in recovery and mobility. Our goal is to move the patient toward greater independence focusing on improvement, coordination, balance, strength, and endurance.



# What to Bring

For your comfort please plan to bring casual clothing that allows for easy movement during therapy activities. In addition, we suggest you bring the following items:

- Sweater
- Walking shoes with non-slip soles (no sandals or high-heeled shoes)
- Bathrobe, pajamas and/or nightgowns
- Rubber-soled slippers
- Toothbrush, toothpaste, shampoo, and conditioner
- Sweatpants
- Jackets with zipper



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(Colors used in this flyer will be determined by the colors used in your logo or complimentary to them)

Call: ###.###.####

Your Address Here

More information at

Your website here

Rehabilitation Services Managed by  
Functional Pathways

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# Therapy Rehabilitation Services

Physical Therapy  
Occupational Therapy  
Speech Therapy

## Occupational Therapy

Our occupational therapists provide education and training in such areas as dressing, bathing, eating, grooming, and other activities of daily living.

Adaptive techniques or equipment to overcome physical barriers can be recommended. Strength and coordination exercises are implemented to increase independence in daily activities.

- Activities of daily living such as dressing, grooming, bathing, and other home skills
- Safety awareness education
- Energy conservation techniques
- Training in the use of adaptive equipment
- Cognitive retraining
- Fine and gross motor control
- Contenance care

## Speech Therapy

Our speech-language pathologists address communication and swallowing dysfunction. Treatment plans can include recover of speech, language, and memory skills. Activities for memory, orientation, and cognitive abilities can be implemented. Oral muscle strength and functioning required for speaking and swallowing as well as appropriate/safe diet recommendations can be designed for individual needs.

- Receptive / expressive language therapy
- Cognitive rehabilitation
- Swallowing management

## Physical Therapy

Our physical therapists work with residents in training for increased mobility, gait stability, posture, and wheelchair positioning. Exercise programs are implemented to increase muscle function, coordination and endurance.

Individualized treatment may also include joint and soft tissue mobilization to increase range of motion, wound care, and pain management. Fall prevention and education is also provided.

- Functional Mobility and Outdoor Mobility Garden
- Program for Fall Prevention
- Cardiac Recovery
- Contracture Management
- Endurance Training
- Home Safety
- Pain Management
- Parkinson's Rehab
- Seating and Positioning
- Strength Training
- Community Re-entry



## Innovation in Action

RightTrack™ is a three-step, care management software that communicates and tracks outcomes while a patient is on therapy caseload to promote a safe transition from rehab to the patient's home environment.

Ask the Rehab Department how you can register and start receiving the automated emails with a link to the system's HIPAA compliant web portal allowing you to access to detailed reports and outcome information in real-time.

