

## 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 to ensure a safe transition to the next level of care.

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

Please plan to bring casual clothing that allows for easy movement during therapy activities. In addition, we suggest you bring the following:

- Sweater / Jacket
- Walking shoes with non-slip soles (no sandals or high-heeled shoes)
- Bathrobe, pajamas and/or nightgowns
- Rubber-soled slippers
- Personal items for your comfort.



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

Address

Website

Rehabilitation Services Managed by:



Therapy that exceeds expectations.

[www.fprehab.com](http://www.fprehab.com)

Your Logo Here

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



## THERAPY REHABILITATION SERVICES

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Specialized Program

## 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.

- Indoor and outdoor gait training
- Fall prevention
- Wheelchair training
- Safety awareness
- Range of motion therapy
- Pain management
- Balance and strength training
- Transfer training
- Back care / body mechanics
- Caregiver education and training



## OCCUPATIONAL THERAPY

Our occupational Therapist 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
- Continence care

## SPEECH THERAPY

Our speech-language pathologists address communication and swallowing dysfunction. Treatment plans can include recovery 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



RightTrack™



## 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 access to detailed reports and outcome information in real-time.