



Intensive Caring Through **Clinical Rehab Therapies**

Here at Kindred, we specialize in the treatment and rehabilitation of the post-intensive care and complex medical patient requiring continued intensive care, including specialized rehabilitation, in an acute hospital setting.

With our services we provide a wide array of rehabilitation therapies to help patients progress to positive outcomes, regain function and safely return home as quickly as their recovery allows.

We are unique in our capability to provide the specialized care and customized rehabilitation designed to help a patient recover to the fullest extent.



Clinical Rehab **Therapies**

Patients benefit from skilled and experienced clinicians, including physical, occupational and speech therapists. We provide specialized assessments and innovative therapy techniques as well as individualized treatment based on the patient's abilities and goals.

Therapy Program Goals

Our interdisciplinary team of clinicians will aid in:

- Improving independent functioning and self-monitoring with activities of daily living
- Increasing exercise tolerance and decreasing shortness of breath in all areas of functional mobility
- Enhancement of communication, cognitive and swallowing abilities
- Improvement in quality of life
- Guided imagery and relaxation techniques to manage stress and anxiety, aiding in relaxation and decreased muscle tension
- Coordination with the nursing staff to train qualifying patients to administer their own medication(s)

Interdisciplinary Team Approach

- Our comprehensive understanding of diseases and conditions enables us to guide patients through treatment regimens that promote independence in daily living.
- Our therapy programs reduce the effects of debilitating diseases and conditions affecting our patients.
- Our therapists work with patients and families on continued treatment in the home and ways to maintain independent functioning.
- Success in the program is of the utmost importance to us. Consistent with our mission, we continually review our patient outcomes to ensure state-of-the-art care.



Cardiac

Cardiac rehabilitation/secondary prevention programs are recognized as integral to the comprehensive care of patients with cardiovascular disease. Cardiovascular disorders are the leading cause of mortality and morbidity in the industrialized world, accounting for almost 50% of all deaths annually. In the United States, over 14 million persons suffer from some form of coronary artery disease (CAD) or its complications including congestive heart failure (CHF), angina, and arrhythmias.



Pulmonary

For many pulmonary patients, each breath is an effort, often causing anxiety, which results in further shortness of breath, increased heart rate, muscle tension and sometimes the feeling of panic; this cyclical pattern can negatively affect all aspects of life. Our team helps break this cycle through the development of an individually designed plan of pulmonary care supported by highly skilled and knowledgeable therapists.



Falls and Restraint Management

Our falls and restraint management therapy focuses on the injury-causing event and patient's environment and assesses the patient's medical, physical, cognitive and emotional condition. As a team, we implement a comprehensive plan of care, which may include improving strength, mobility and positioning to prevent future falls and reducing restraints.



Pain Management

Persistent pain is a debilitating presence that affects a patient's ability to perform normal activities of daily living. We can help manage these symptoms through many approaches, including acupuncture, electromodalities, manual therapy techniques, joint range of motion and mobility and strengthening exercises.



Positioning

We are dedicated to ensuring each patient is positioned, throughout the day and evening, in optimal postural alignment to provide comfort and facilitate the highest level of function, mobility, and skin condition



Wound Care

Our therapists work with the interdisciplinary team to ensure patients are receiving additional medical services to facilitate the healing process. Patients are evaluated by a rehab professional and appropriate treatment interventions are implemented, including: electromodalities, conservative sharp debridement, mobility training, compression, pressure relief/redistribution and proper positioning.



Cognition

We follow a flexible, "real world" experiences model to address the diverse attention, concentration and memory needs of our patients. Our rehabilitation professionals build individualized care plans for each patient and work with families and caregivers to educate them on cognitive exercises, memory compensation techniques and follow-up care for their loved ones.



Neurological Rehabilitation

Our physical and occupational therapists and speech-language pathologists are trained in state of the art neurological assessment and treatment techniques and best practices to allow for maximal recovery and quality of life for patients with stroke, traumatic brain injury, spinal cord injury, and progressive neurological diseases such as dementia, Parkinson's disease, Huntington's disease, amyotrophic lateral sclerosis, myasthenia gravis, and multiple sclerosis.



Medically Complex

Our patients come to us with medical diagnoses such as diabetes, COPD and cardiovascular disease. These diagnoses may directly affect recovery times and return to function. We can help manage these symptoms through many approaches, including interdisciplinary evaluation and care planning, integration of medical diagnoses with treatment planning and intervention and close monitoring of vital signs.



Gait

Our gait therapy provides training that facilitates the understanding of the vestibular system and its functions, vestibular rehab and documenting the skilled components of gait training including abnormalities of gait, gait assessment, gait CPT codes, and review of the Gait Fix It Now Checklist.



Dysphagia

A dysphagia clinician improves quality of life by identifying appropriate diet consistency for safe eating, strengthening the swallowing mechanism and decreasing the potential for aspiration. We can help manage these symptoms through many approaches, including: swallowing studies, feeding skills, oral motor skills and compensatory strategies.



Dementia

We pride ourselves on our therapists' clinical expertise and understanding of the brain's response to multi-modality cueing systems, structure, repetition and environmental modifications. Our therapists guide patients in activities that increase cognitive independence in activities of daily living, help patients and caregivers better manage cognitive and memory difficulties, and facilitate maintaining the highest possible level of function.



VitalStim®

VitalStim® Therapy is a noninvasive therapy that uses an electrical current to stimulate the muscles responsible for swallowing while trained specialists help patients re-educate the muscles with special exercises.

Some services are not available in all locations. Please contact your Clinical Liaison for more information about the services at specific locations.



To learn more, visit
www.kindredhospitals.com.