

# Considering your Options for Orthopedic Care

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We believe in keeping your rehab moving in the right direction.

Rehab can often seem like an intimidating challenge, filled with unknowns and uncertainties. At Covenant Living Communities & Services we offer the highest level of care during your short-term rehab stay. From the minute you arrive to the day you're discharged, you'll see and feel the difference in everything we do. Our working relationships with community-based home care services ensure that you continue to experience successful results upon your return home.

Since everyone is different—and has unique rehab goals—we approach therapy on an individual basis, working closely with you to develop a rehab program specifically suited to your needs. Our rehabilitative services team delivers exceptional speech, physical and occupational therapy, as well as outstanding nursing and discharge support. At every step along the way, we'll treat you like a person, not just a patient.

## The right pace for recovery

Older adults are more active than ever. Luckily, orthopedic rehab is better than ever. Not only has there been progress in surgical techniques involving joint replacement, there have also been significant advances in the recovery stage. The end result is an easier, faster, more comfortable and more effective rehabilitation experience.

While many people with new joints tend to want to rush back into doing things they love—like golf, tennis, or hiking—it's hard to put an exact timeframe to an individual's recovery. That's why we never push you beyond the level that's best for you. Here, we will do our best to put you on a program that will get you back to the lifestyle you're accustomed to, at a pace that's right for you.

## Our goal is to help you achieve your rehab goals

- We'll design therapeutic programs specifically tailored to your medical condition—as well as your physical condition—customizing your therapy process by utilizing equipment that may include the NuStep®, weights, ultrasound and electronic stimulation, Omnicycle®, VitalStim®, parallel bars and a standing frame. Programs will also be tailored to address cognitive and swallowing impairments.

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- We'll provide necessary information regarding medication management and, with the assistance of the entire rehab team, ensure the proper handling and dosages of all medications.
- Education is crucial to the rehab process. That's why we'll provide you and your family with a clear understanding of your condition and subsequent therapy needs.
- Therapy will include regulating your diet, as well as monitoring your blood sugar levels and your blood pressure. In fact, close monitoring of your progress is essential—as well as keeping a vigilant watch for potentially troublesome signs and symptoms. Stress management is also a key factor to keep you on the right course.
- We'll make recommendations concerning modifications in your home, determining the types of adaptive equipment that will provide you with the highest level of independence.
- When it's time for you to return home, we'll utilize a collaborative approach by the entire team to ensure a smooth, successful discharge. If your loved ones requires home health services, we will work to arrange care with our affiliated home care provider CovenantCare at Home if available in your market.
- Our priority is getting you safely home as soon as possible by using the most effective and efficient rehab strategies.

For more information on Covenant Living Communities & Services and the care we offer, please visit us online at [covliving.org](http://covliving.org).

Our Healthcare Navigators are here to support you find the best opportunity for senior living. Visit our healthcare page and click Navigator to learn more.