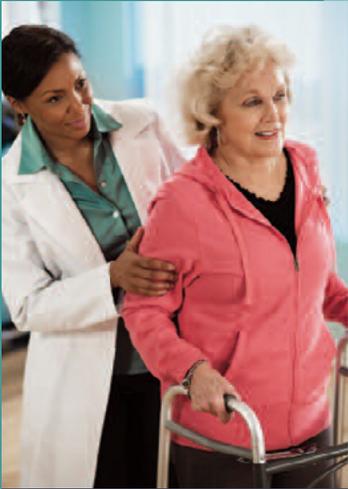


# Orthopedic Rehabilitation



**Individuals who have undergone joint replacement, experienced a musculoskeletal injury, sustained a trauma or have been diagnosed with a degenerative joint disease often have limited function and mobility, pain and other complications. The rehabilitation team at Kessler helps patients recover the skills and develop the strategies to resume daily activities safely, with confidence and independence.**

Studies show that where individuals with orthopedic conditions go for treatment can make all the difference in their recovery. In fact, those treated in an inpatient rehabilitation hospital – like Kessler – make greater strides, return home sooner, have fewer complications and are able to enjoy a higher quality of life.

Research also indicates that an early start to rehabilitation can optimize functional gains. Kessler provides that early start and delivers a comprehensive program of medical, nursing and therapy care to best address your needs and goals.

## **A TEAM APPROACH TO TREATMENT**

Led by a physiatrist, a board certified physician specializing in physical medicine and rehabilitation, our Orthopedic Rehabilitation team draws on the expertise and experience of specialists – nurses, physical and occupational therapists, case managers and other clinical and support staff – to advance your recovery. We tailor treatment to your individual needs and goals, and work closely with you to:

- Restore physical function and enhance the skills needed to perform daily activities
- Build strength and endurance
- Improve balance and regain mobility
- Optimize independence

Kessler's Marlton campus provides comprehensive care and specialized treatment for patients following:

- Post-reconstructive joint surgery
- Hip fracture/surgery
- Back injury/surgery
- Neck injury/surgery
- Hand injury/surgery
- Multiple trauma
- Musculoskeletal injury
- Sports/work-related injury

## **A FOCUS ON CARE ... AND CARING**

At Kessler, you will benefit not only from the care and treatment you will receive, but also from the training, support and encouragement you will be given. This involves:

- Preoperative training to prepare you for surgery and the recovery process
- Physician management of your medical needs, including pain and any secondary health issues, such as arthritis, high blood pressure or diabetes
- Rehabilitation nursing care that incorporates education on medication management, wound care and safety precautions

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**For more information  
on our Orthopedic  
Rehabilitation  
Program, to schedule  
a tour or make an  
appointment, call  
the Admissions  
Department at  
Kessler's Marlton  
campus:  
856.988.4106**

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- Physical therapy that targets strength, balance and conditioning, mobility and gait training, the use of assistive equipment and orthotics if prescribed
- Occupational therapy that focuses on your ability to perform daily activities such as feeding, dressing, grooming and bathing, as well as home safety and the use of assistive devices
- Case management to coordinate all aspects of your inpatient stay, discharge planning, access to outpatient and follow-up services, as well as the availability of a range of community resources
- Family education and training to help reinforce your skills, maintain your safety and prepare you for life ahead

Throughout your rehabilitation, you will be carefully monitored and your plan of care will be adjusted to ensure that your needs are being met and you are progressing toward your goals.

### **AN UNPARALLELED CONTINUUM OF SERVICES**

To help you successfully transition to life at home, at work, school or in the community, Kessler's Orthopedic Rehabilitation Program delivers a continuum of inpatient through outpatient care and services.

- Inpatient Acute Rehabilitation – Patients are admitted to the acute inpatient level of care once they are medically stable and ready to begin an intensive therapy program.
- Outpatient Rehabilitation – This level of care is designed for patients who do not require the intensity of an inpatient program or for those who have completed the functional goals established during their inpatient stay. Therapy is typically provided one to five times per week, based on individual needs.

In addition, we offer many specialized services to help you meet your goals, reinforce your skills and adjust to life ahead:

- Outdoor mobility court
- Activities of daily living suite
- Therapeutic indoor pool
- Referral service to appropriate resources and support systems
- Home evaluations to ensure the access and safety of your residence
- Community reintegration
- Support groups
- Driving rehabilitation