

Stroke Rehabilitation



Each year, more than 800,000 people experience a stroke, and more than two-thirds require rehabilitation to address a range of mild to complex medical, physical, cognitive and emotional issues. While every stroke survivor will face different challenges, they all share a common goal: to regain their strength, restore their independence and rebuild their lives.

Recovering from a stroke may be one of the greatest challenges a person will ever face, and where you go for treatment can make all the difference in your recovery. Studies show that early, specialized stroke rehabilitation can help to optimize physical, functional and cognitive recovery, and improve quality of life.

Kessler's Stroke Rehabilitation Program offers you that early intervention, along with the expertise and understanding to help you return home, and resume work, school or community activities with confidence.

Whether you have sustained a hemorrhagic or non-hemorrhagic stroke, or are dealing with deficits related to other vascular diseases, we offer you a comprehensive program of care to best meet your hopes and needs.

A TEAM APPROACH TO TREATMENT

Led by a physiatrist, a board certified physician specializing in physical medicine and rehabilitation, Kessler's Stroke Rehabilitation team draws on the expertise and experience of our nurses, physical, occupational and speech 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, improve balance and regain mobility
- Improve speech and swallowing
- Develop new cognitive and behavioral strategies to compensate for any deficits
- Prepare you for life ahead

A FOCUS ON CARE... AND CARING

At Kessler Institute, you and your family will benefit not only from the care and treatment you will receive, but also from the training, support and encouragement we provide. This involves:

- Physician management of your medical needs, including pain management and spasticity, as well as any secondary health issues, such as high blood pressure or diabetes

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Kessler's Marlton campus was the first rehabilitation hospital in New Jersey to receive CARF accreditation in stroke.

**For more information on Kessler's Stroke 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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- Rehabilitation nursing care that incorporates extensive education on medication management, nutritional needs, bowel and bladder function, sexuality, and maintaining skin integrity
- Physical therapy that targets strength and conditioning, balance, mobility and gait, and the use of ambulation equipment as needed, along with advanced technologies and functional electrical stimulation (FES)
- 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
- Speech therapy to address any communication challenges and/or swallowing issues, including the use of Vital-Stim®
- Cognitive rehabilitation to reestablish the processing of information and intellectual functioning
- Psychology and neuropsychology services to help you and your family understand and deal with any emotional issues
- 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 and in the community, Kessler's Stroke Rehabilitation Program delivers a continuum of inpatient through outpatient care. Among the many specialized services we provide are:

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