

BENEFITS OF REHABILITATION

When you're supported by a caring team of physical, speech and occupational therapists you'll get the motivation, inspiration and encouragement to make it to the next level – and beyond. Strengthening and stretching or relearning and retraining, count on us to bring the best on-site equipment and personalized therapy to you.

An abundance of support, patience and expertise helps restore you to your highest level of function. Improvement, progress, recovery. It's possible. Enjoy the peace of mind of knowing your progress is monitored and evaluated on a daily basis by highly-trained, professional staff.

Concentrate on your worry-free recovery while safety equipment and convenient call buttons minimize the risk of falls and significantly decrease emergency response-time.

Inquiries regarding our therapy program or admissions should be directed to Lori Perkins, Director of Rehabilitation, at (916) 481-5500.

OUR TEAM

Our approach features a cohesive, interdisciplinary rehabilitation team not found in most post-acute settings.

Our team includes Physical Therapists, Occupational Therapists, Speech-Language Pathologists, and their assistants working together with nursing, dietary, activities, and social services to assist patients in reaching and maintaining their maximum potential.



Arden Rehabilitation and Health Care Center



ARDEN REHABILITATION AND HEALTH CARE CENTER

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www.ArdenRehabSkilledNursingFacilityInSacramento.com



Arden Rehabilitation & Health Care Center

QUALITY STAFF ✦ NEWLY REMODELED ✦ QUALITY SERVICES ✦ HIGH LEVEL OF CARE

At Arden Rehabilitation Health Care Center, it's our goal to return you back to the best prior level of function. Utilizing the best in equipment and a newly remodeled rehab gym our highly educated and motivated staff work with you and your doctor to layout the right Rehabilitation plan.

24 Hours Care
7 Days a Week



- ✦ Free Wi-Fi Access
- ✦ Newly Remodeled Facility
- ✦ Semi-Private Rooms
- ✦ Therapy Gym
- ✦ Outdoor Flower & Therapy Patios
- ✦ On-site Laundry Services
- ✦ Hair Salon
- ✦ Large Screen TV
- ✦ Free Private Telephones
- ✦ Free Cable TV

COMPREHENSIVE REHABILITATION SERVICES

PHYSICAL THERAPY

Our licensed Physical Therapists focus on improving the coordination, balance, strength, endurance, and joint flexibility to achieve optimal levels of functional mobility. The goal is to move the resident toward greater independent mobility, either unassisted or with the aid of an assisting device. Rehabilitation education of the patients and families is an integral part of all treatment. Our Physical Therapists design individualized treatment programs for alleviating pain, preventing disability, and restoring function following injury or illness that may include:

- Joint Mobilization
- Therapeutic Exercises
- Orthopedic Rehabilitation
- Wound Prevention
- Gait and Transfer Training
- Range-of-Motion Exercises



OCCUPATIONAL THERAPY

The focus of our Registered Occupational Therapists is to enable patients to adapt their physical and cognitive capabilities to the skills needed in activities of daily living. Occupational Therapists assess the areas needed for functional independence, customizing a treatment plan with emphasis on balance, strength, perception, and cognition. Occupational Therapy may include:

- Safety Instruction
- Home Evaluation
- Home Living Skills
- Hand Rehabilitation
- Activities of Daily Living
- Cognitive Perceptual Retraining
- Transfer & Mobility Retraining
- Energy Conservation Techniques
- Utilization of Adaptive Equipment
- Upper Extremity Therapeutic Exercises
- Fabrication of Splints, Slings, and Orthotic Devices

SPEECH THERAPY

Our licensed Speech-Language Pathologists focus on restoring the patient's ability to communicate. They address communication problems by helping patients improve skills in speaking, listening, thinking, reading, writing, problem solving, as well as organizing and sequencing thoughts. Speech-Language Pathologists develop treatment and management programs and also assess swallowing difficulties. This condition, if left untreated, often leads to aspiration of food into the lungs, pneumonia, and other respiratory problems. Speech Therapy focuses on:

- Comprehension
- Speech Reading
- Auditory Training
- Hearing Screening
- Reading and Writing
- Swallowing Retraining
- Speech and Vocal Skills
- Naming and Word Finding
- Short and Long-term Memory

