

# Comprehensive Rehabilitation Care for a Variety of Conditions



When adjusting to life following a traumatic injury or acute condition, whether it's your own experience or supporting a loved one, the transition will present new challenges and modifications. **At Good Shepherd Rehabilitation, we understand the complex emotions and significant changes you are facing and are here to guide you to a strong recovery.**

Our nationally recognized rehabilitation programs for those suffering Orthopedic, Pulmonary, Cardiac and Major Multi-Trauma injuries offer treatment with expertise, compassion and unwavering support.



## ORTHOPEDIC REHABILITATION CARE

When embarking on orthopedic care at Good Shepherd, our end goal is to help you return to a pain-free, independent life following surgery or injury. Our care team regularly treats patients with a variety of musculoskeletal conditions, from back pain, joint and tendon pain, to work injuries. Working with our patients, we develop a personalized plan focused on regaining independence, mobility and quality of life through treatments such as physical therapy and occupational therapy.



## CARDIAC REHABILITATION CARE

Our inpatient cardiac rehabilitation care team is dedicated to helping patients regain their strength, confidence and independence following a cardiac event. Ideal for individuals recovering from open-heart surgery, living with co-morbidities, or experiencing continued acute illness after prolonged hospital stays, we help our patients learn how to manage their condition while reducing risk factors and adopting heart-healthy habits.



## RESPIRATORY REHABILITATION CARE

For patients suffering from pulmonary conditions, we offer care to improve the respiratory performance of those with Ventilator dependence, Cystic Fibrosis, Chronic Lung Disease, Bronchopulmonary Dysplasia, Asthma, Tracheomalacia, Extreme Prematurity and Pulmonary Hypertension. Our respiratory therapists work with other members of the care team to ensure an individualized care plan is implemented that includes testing, monitoring, medicating and offering support devices such as ventilators and BiPAP machines to manage issues preventing proper breathing when necessary.



## TRAUMA CARE

Designed for patients who suffer major multiple orthopedic and/or neurologic injuries, we provide intensive, comprehensive rehabilitation — a Good Shepherd specialty. Our individualized program focuses on those with injuries to their head, chest, spine, internal organs, extremities and more — focusing on customized exercise therapy, functional recovery goals and access to resources to support patients on their emotional journey to recovery.



## A Hospital Designed for Healing

Our state-of-the-art inpatient rehabilitation hospital in Center Valley, PA, is built to promote comfort and healing. From spacious private suites and inviting lounge areas for relaxation to advanced indoor therapy gyms and a peaceful outdoor activities garden perfect for walking practice, every detail is designed around the patient.

Families choose Good Shepherd for a setting that is as inviting as it is innovative. At our hospital, we utilize state-of-the-art technology and proven treatments to ensure our patients receive the highest quality of care.

## Wrap-Around Services

During the recovery process at Good Shepherd, our patients are informed of outpatient care options and resources after discharge:

- Physical, Occupational and/or Speech Therapies at 20 Outpatient Locations
- Lifetime Follow-up Care with Good Shepherd Physicians
- Adaptive Driving Program
- Fitness Programs (Including Adaptive Fitness)
- Assistive Technology
- Support Groups & Peer Mentors
- In-Home Outpatient Therapy
- Transitional Care Management

## Schedule a Tour

Choosing where to start an inpatient rehabilitation program is a big decision. To schedule a tour of Good Shepherd's inpatient rehabilitation hospital, call **1.888.44.REHAB**.

We can help answer your questions, so you can take the next step.



**See Where Potential Becomes Reality**