

# Arthritis Rehabilitation

The staff at Coventry Court Health Center understands that arthritis is a debilitating disease that affects all areas of life. Coventry Court Health Center offers rehabilitation and nursing services that help patients maximize recovery and regain independence. We help patients recovery quickly and return home with a renewed sense of self-sufficiency.

**Our arthritis rehabilitation services are designed to assist both the patient and their family. Key service components include:**

- A physician specializing in rehabilitation and an attending physician lead the arthritis treatment team and oversee the individualized plan of care.
- 24-hour skilled nursing care is provided and led by a Director of Nursing Services with over 30 years of experience.
- Our pain management program is designed to decrease pain while increasing range of motion and strength resulting in greater independence.
- A dynamic daily therapy schedule is based on the patient's needs, goals, and home environment:
  - ◇ **Physical Therapy**-Improves joint flexibility, reduces pain, and strengthens muscle, bone, and cartilage tissues
  - ◇ **Occupational Therapy**-Focuses on helping the patient with refined hand movements and teaches additional activities of daily living such as eating, bathing, toileting, and dressing

**State-of-the-art equipment and techniques for Pain Management and Arthritis Rehabilitation:**

- ACP equipment including Ultrasound, Diathermy, Electric Stimulation, and Omnicycle are advanced treatment modalities used to facilitate a successful rehabilitation.
- Coventry Court Health Center teaches patients methods of performing daily active ties that are less stressful to painful joints.
- Canes, crutches, walkers, and splints may be considered to help relieve the stress and strain on arthritic joints. Ice or heat may need to be applied to the affected joint for short periods, several times a day.
- Certain exercises in physical therapy will be used to decrease stiffness and to strengthen the weakened muscles around the joint.
- **Lifestyle Modification Education**-May include change from high impact active ties to low impact exercises. A weight loss program may be recommended, if needed, particularly if arthritis is affecting weigh-bearing joints.
- Medication Management under the guidance of your physician may include non-steroidal anti-inflammatory drugs to reduce inflammation or stronger anti-inflammatory agents called corticosteroids.

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