

Orthopedic Rehabilitation

Our Orthopedic 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 orthopedic 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.
- Progressive and personalized treatment plans are developed for each patient and delivered by highly skilled and compassionate staff.
- A dynamic daily therapy schedule is based on the patient's needs, goals, and home environment:
 - ◇ **Physical Therapy**-Focuses on balance, strengthening, mobility skills such as transfers, wheelchair mobility, and ambulation.
 - ◇ **Occupational Therapy**-Uses activities of daily living such as eating, bathing, toileting, and dressing.

State-of-the-art equipment and techniques for Orthopedic Rehabilitation:

- ACP equipment including Ultrasound, Diathermia, Electric Stimulation, and Omnicycle are advanced treatment modalities used to facilitate a successful orthopedic rehabilitation.
- CPM Equipment is used to increase range of motion and maximize rehabilitation experience for patients with knee injuries.
- Therapy exercises will be individualized but may include ankle pumps, abduction exercises, resistive orthopedic exercises, standing knee bends, straight leg raises and many more.
- Therapy sessions may include learning how to sit and stand from a chair, ascending and descending stairs, moving into and out of a vehicle, learning proper sleeping positions, and reviewing weight bearing recommendations.
- Wound care is provided by our excellent nursing and rehabilitation team.
- Medication Management under the care of your physician will help prevent blood clotting and control potential infections. In addition, proper pain management is important in early recovery. Although pain after surgery is quite variable and not entirely predictable, it can be controlled with medication.
- Your diet will be carefully monitored by our nutritionist and dietary staff to ensure proper hydration, food, and vitamin intake.

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