



**MEDICARE CERTIFIED
& ACHC ACCREDITED**



ORTHOPEDIC REHAB PROGRAM

At NHC we recognize that one in three seniors experience falls and there are over a million joint replacements annually. We are committed in providing advanced rehab protocols.

We follow research based medical practices to develop Orthopedic rehab protocols set to the highest national standards. Our multidisciplinary care team of registered nurses, physical and occupational therapists will develop an individualized care plan that will promote strength restoration and mobility enabling each patient to return to their highest level of independence.

PATIENTS WHO WILL BENEFIT MAY HAVE ONE OR MORE OF THE FOLLOWING

- Osteoporosis
- Orthostatic changes
- Arthritis
- Fractures
- Total hip or knee replacement
- Traumatic Injury
- Poor gait and/or balance
- Neck & back disorders

OUR CARE TEAM WILL PROVIDE

- Pre and Post operation nursing & therapy assessment
- Set up home exercise programs
- Endurance training
- Post-op rehabilitation
- Wound care
- Pain management
- Infection prevention
- Increase strength and range of motion
- Educate on use of assistive device

Excellence in Home Health Care
Phone (804) 330-5433 Fax (804) 330-5423
www.NHC.life

