

ATTITUDE = RECOVERY!



WHAT TO EXPECT

- Caring, attentive and experienced staff
- Around-the-clock care
- Access to state-of-the-art therapy, equipment and rehabilitation technology
- Comprehensive medical management
- Pain management
- Mobility, home and community skills training
- Self care training
- Use of therapeutic modalities and adaptive equipment
- Home safety assessment
- Home exercise program

For more information, call admissions at (717) 361-4522 or (800) 422-1207

Masonic Village does not discriminate against any person on the basis of the applicant's race, color, religion, disability, ancestry, national origin, familial status, age, sex, limited English proficiency (LEP) or any other protected status.



Masonic Village

Rehab Services



“Our goal is to keep you happy and healthy at home so you can continue to enjoy an active lifestyle. That’s why we offer both preventive and post-operative rehabilitative services.”

ONE SUCCESS STORY:

MOTIVATION + POSITIVE



At only 40 years of age, Jack Corliss suffered a sudden stroke on Oct. 30, 2008, causing severe damage to the right side of his body. For two months at an Allentown hospital, Jack struggled to regain his ability to walk, talk and move his right arm. When the staff there felt he had plateaued and his insurance coverage ran out, Jack had to find

another place to go.

On Jan. 15, 2009, he arrived at the Masonic Health Care Center, where he received intensive therapy. Physical therapy helped him to strengthen his legs and increase his balance. In the therapy pool three times a week, he worked on improving his strength and range of motion. Within two months, Jack learned how to walk again with the assistance of a cane. One month later, he tossed the cane aside. He regained movement of his right arm, which was completely immobile when he arrived at the Masonic Village.

Through occupational therapy, Jack regained his ability to perform activities of daily living, such as bathing, grooming and dressing himself. Speech therapists worked with Jack to try various devices to improve his communication skills. Through a series of drills, they helped him find the correct words to express himself through the use of a computer and writing utensils.

Because of Jack's motivation and positive attitude, he was able to be discharged from the Masonic Village's rehab program and enjoy a high quality lifestyle.

PREVENTIVE OUTPATIENT SERVICES

It's important to stay strong if you want to remain independent. If you experience any of the following symptoms, we may be able to help you improve your physical condition through physical and/or occupational therapy before your condition worsens and additional medical interventions are needed for recovery:

- Ankle pain
- Arthritis
- Bursitis
- Decreased balance
- Difficulty getting up from a sitting position
- Difficulty showering and dressing
- Difficulty with household tasks (laundry, bed making, reaching for items, etc.)
- Disc surgery
- Fractures
- Hand injuries
- Hip pain
- Knee surgery
- Lower back pain
- Neck pain
- Orthopedic injuries to the knee, hip, shoulder, ankle or wrist
- Osteoarthritis
- Pre-surgery*
- Post-surgery
- Safety concerns
- Sciatica
- Shoulder pain
- Spine surgery
- Sports injuries
- Sprains and strains
- Tendonitis
- Total joint replacement
- Vestibular problems
- Whiplash syndrome

*Statistics have shown that participating in therapy prior to surgery drastically increases a patient's recovery process after surgery.

PHYSICAL THERAPY

Physical therapy is prescribed by your physician to restore normal function so you can return to your normal lifestyle, free from pain, following an injury, surgery or accident.

OCCUPATIONAL THERAPY

By evaluating and treating your elbow, upper body, shoulder, wrist or hand, occupational therapy prepares you to return to your prior activities at home, work and leisure.

SPEECH THERAPY

As people age, it is common to have some memory deficits. The key to maintaining mental health is to improve and stimulate memory functions to maintain independence. We can help if you are experiencing any loss of memory with names, appointments, daily events, check writing, medications and/or other daily tasks.

Also as we get older, our ability to swallow becomes weaker. Speech therapy can help improve functioning with chewing, coughing and swallowing food and pills.

SHORT-TERM INPATIENT REHAB SERVICES

Our individualized inpatient rehabilitation program provides the comprehensive medical, therapeutic, educational, and support services patients need to regain their strength, mobility and endurance. Our interdisciplinary team focuses on helping patients attain their maximum level of functional independence so they can return home as soon as possible and resume their regular routines.

Short-term rehabilitation is designed to help people recover from a stroke, a hip fracture, total joint replacement, amputation, or other injuries or illnesses that limit their ability to function at their ultimate capacity.

PROGRAM SERVICES

From the day the patient arrives, treatment is intensive. A team of physical therapists, occupational therapists, nurses, case managers and social workers, with physician oversight, completes a thorough evaluation. They work with the patient and the family to devise a personalized program based on the patient's needs and goals. Staff continuously monitors and modifies the plan of care as appropriate for the patient's changing needs.