

Transitional Care at Sunrise Terrace

Orthopedic Recovery Program

The Orthopedic Recovery Program focuses on patients who have undergone a joint replacement (total hip or knee), fracture, musculoskeletal injury or a degenerative joint disease. In collaboration with orthopedic surgeons, primary care physicians and nurse practitioners, the rehabilitation team aims to improve balance, strength, range of motion, mobility, endurance and in return enhance activities of daily living to optimize independence and a safe discharge to home or a lower level of care. Physical and Occupational Therapists work very closely with physicians, and in many cases, follow protocols established by each physician.

Our Physical, Occupational, and Speech Therapists' customized plan or care is developed leveraging the patient's cognitive strengths and abilities. This program explores skills including daily problem solving and reasoning, memory, comprehension, sequencing, orientation, functional communication, social interaction, functional mobility and safe activities of daily living performance. Caregiver education, environmental modification and task simplification are key to the success of this program.

Each patient's Orthopedic Recovery Program is customized based on physician recommendations and protocols. Our Orthopedic Recovery Program includes the highest level of medical and nursing care, outside the hospital setting. Physicians and other highly-skilled licensed nurses and certified nursing assistants monitor each patient around the clock in an atmosphere that is appreciated by both patients and their families.

This care includes assistance with getting in and out of bed, feeding, bathing and dressing. In addition to Therapy and Nursing Team members, our Transitional Care Team of Experts also includes a Licensed Dietitian and Social worker who together provide compassionate, patient-centered care and are genuinely committed to patients returning to their lives as safely as possible.

Our Goal is to help you "Get Well...Go Home" after hospitalization in a manner that is *Safe* and minimizes your risk of re-admission to the Hospital.

We have successfully returned 81 patients home after rehabilitation at Sunrise Terrace Nursing and Rehab.

This is what our patients have to say about our Transitional Care Program:

"The hospital didn't give me much hope, when I came in, I didn't think I'd be able to go home. Now I'm better than before. Everybody was so good." Wanda Linder

"No complaints, therapy made me work, they were good, and that's why I'm going home. I was lucky to come here. Good bunch of people." Butch Johnson

"My therapist cared and worked with me so I could return home." Shirley Finke

"This is a great service you provide here. Everyone was friendly and considerate. Therapy really helped get me back on my way." Julia Bletscher

"If I ever need to be somewhere, this is the best place to be." Eva Kepper

"Oh yes, I would recommend them! All the staff work with you in a caring and encouraging way to do different things. They go that extra mile." Connie Barnes