



North Ridge

WHY RECOMMEND OUR REHAB PROGRAM AND SERVICES?

MISSION COMPLETE REHABILITATION CARE

At North Ridge Health and Rehab, we partner with Select Medical Rehabilitation Services to offer comprehensive therapy services that include respiratory therapy, physical therapy, occupational therapy, speech therapy. Our programs are designed to promote a fast recovery and enrich the overall quality of life for our residents. Dedicated, experienced and encouraging therapists utilize a number of specialized services and programs including:

- Wheelchair seating and positioning clinic
- Comprehensive lymphedema treatment
- Orthopedic aftercare
- Home safety assessments
- NuStep elliptical exercise equipment
- Nintendo Wii utilized for dynamic balance training
- Pain management program
- Specialized modalities including: Shortwave Diathermy, Ultrasound, Electrical Stimulation
- Contracture management program
- Specialized mobility and equipment assessments
- Outpatient therapy services with a separate outpatient therapy gym
- Fully furnished apartment for safety assessments
- Cognitive rehab providing specific cognitive stations to support community reintegration
- Wellness programming for our Assisted Living and Independent Living with diverse exercise programming and monthly wellness talks
- Walk to dine program
- Rehabilitation services 7 days a week



CLINIC|PROGRAM OVERVIEW

COMPREHENSIVE SEATING/MOBILITY CLINICS

Over 20 occupational therapists conduct power mobility assessments using pressure mapping and fabrication of custom seats and backrests to ensure we properly meet individual needs. Our assessments also include Gait Trainers, Standers and Adaptive Home Equipment.

ON-SITE LYMPHEDEMA CLINIC

There's no cure for lymphedema, but it can be controlled. Because there are many health problems that may result because of congested and stagnant lymph drainage, at North Ridge Health and Rehab, we have two Certified Lymphedema Specialists on staff to monitor and prescribe positive changes that enhance an individual's lifestyle. We offer these services on an inpatient and outpatient basis. Adaptive Home Equipment.

CONTRACTURE MANAGEMENT CLINIC

At North Ridge Health and Rehab, Contracture Management is important in ensuring the comfort and quality of life of our residents. Our therapists provide



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strategies and interventions to manage pain, increase range of motion and also offer appropriate brace assessments. Our clinic is run collaboratively by our therapists and an orthotic consultant and is available on an inpatient basis on Thursday and on an outpatient bases as needed.

WOUND CARE MANAGEMENT PROGRAM

The presence of wounds can be a significant health risk. Our therapists are part of an interdisciplinary team at North Ridge that consists of a wound care physician, nurse and physical therapist.

COGNITIVE PROGRAM FOR THE DEMENTIA AND TBI PATIENTS

The cognitive program at North Ridge is designed to support patients suffering from brain injury and/or dementia. We have developed specialized cognitive stations and strategies to assist patients in managing day-to-day living.

We also offer a full apartment on campus that is designed to let patients practice activities like cooking and cleaning that they will do when they return home. The apartment is also utilized for cognitive rehab for those individuals living in our Community who are in the early to middle stages of Alzheimer's/Dementia or suffer from a brain injury.

ABOUT OUR CAMPUS

In 1966, pharmacist Charles P. Thompson and general practitioner Dr. James J. Pattee opened New Hope Nursing Home — what is now North Ridge Health and Rehab and North Ridge Independent and Assisted Living. Over the years, there have been many changes, including the name change to North Ridge in the 1970's as well as many additions to the building. Through the years, comprehensive rehabilitation services have been added and enhanced. Today, North Ridge's rehabilitation program is reknowned in the community for providing proven positive outcomes.

From Independent Living to Assisted Living and Skilled Nursing, the campus at North Ridge offers multiple levels of care, service and enrichment programs with a focus on helping you maintain your optimal level of health, wellness, safety and independence.



For more information or to schedule a tour:

763-592-3000

NorthRidgeHealthandRehab.com

