

# COMING SOON

## January 2021

Genesis Rehab is proud to partner with Bethesda on Turkey Creek to bring Health & Wellness programs and Outpatient Rehabilitation Therapy Services beginning January 2021.

Our rehab services will include Physical Therapy, Occupational Therapy, and Speech Therapy conveniently provided on-site within the community.

We look forward to becoming a part of Bethesda on Turkey Creek to further enrich and support a healthy lifestyle and assist in keeping you healthy and active.

Watch for more information in the coming weeks as we prepare for opening.

### **Physical Therapy**

Physical therapy restores function for individuals who have experienced neuromuscular or skeletal dysfunction. Individualized therapeutic treatment may include:

- Training in mobility, gait stability, posture and positioning
- Exercise programs to increase muscle function, coordination and endurance
- Joint and soft tissue mobilization to increase range-of-motion
- Wound care
- Pain management

### **Speech-Language Pathology**

Speech therapy addresses communication and swallowing dysfunction. Treatment plans are designed for individual needs, such as:

- Recovery of speech, language and memory skills
- Verbal and non-verbal communication, including programs for the hearing impaired
- Oral muscle functioning and strength required for speaking and swallowing
- Appropriate diet recommendations

### **Occupational Therapy**

Occupational therapy assists individuals with adapting to their social and physical environment. Our therapists enhance functionality through:

- Education and training in areas such as dressing, bathing, eating and grooming
- Activities for memory, orientation and cognitive integration
- Adaptive techniques or equipment to overcome physical disabilities
- Strengthening and coordination exercises
- Exercises to reduce the effects of arthritis or other conditions to maintain normal joint movement