



# REHAB

Better. Every Day.





# WHAT DOES REHAB MEAN TO US?



The answer is simple  
– enhancing *your* life.

Surgery, Illness, Injury—experiencing any one of them can blur the way we feel about our abilities to navigate our everyday lives.

*So how do we recover?*

**WE FOCUS.**

And at Oakwood Village Prairie Ridge, our focus is on you. Here, our teams of highly trained, dedicated professionals provide comprehensive services and develop individualized therapy programs that get those we serve back to their lives as quickly as possible—and help you be the very best you that you can be.





# RECOVER

Your complete recovery.

What is rehab's role?



*It's about you*, as an individual. There are many important factors that need to be taken into consideration—your lifestyle; the type of surgery, illness or injury; your personal goals for recovery; your strengths and your weaknesses. At our community, we evaluate all of these factors and work closely with you to develop a plan of care that will best suit your unique needs and preferences. This allows us to help you get back to doing what's most important to you more quickly.

### **HAVING A PERSONALIZED PLAN IN PLACE CAN:**

- Establish a focused timeline for healing.
- Help develop specialized exercises and therapy.
- Increase muscle strength, flexibility and endurance.
- Lower the risk of subsequent injury.
- Help prevent a return to the hospital.

Early in your stay at Oakwood, you will meet with an interdisciplinary team to discuss your personal plan of care. By having a personal plan, starting it as soon as possible and remaining focused on it—you'll help yourself in invaluable ways. You'll regain function faster; you'll regain more function; you'll be back to being you.



# RESOLVE

to understand what you need  
to know about rehab.



*People often don't realize that being discharged from the hospital after an injury, illness or surgery doesn't necessarily mean they're ready to return home on their own. While rehab will typically begin in the hospital, patients will improve their chances of a complete recovery with a short stay in a community like Oakwood Village Prairie Ridge.*

#### **WHAT OUR CLIENTS HAVE TO SAY**

*"I could not have felt more comfortable with a group of people. They all were very compassionate.*

*"I felt the therapy staff was highly skilled. Everyone with whom I interacted was positive and had an upbeat attitude which I greatly appreciated. I felt that I was in good hands."*

*"I can't say enough about my therapists. All were attentive to my needs and my goals."*



## A SHORT STAY WITH US GIVES YOU SEVERAL ADVANTAGES OVER IN-HOME REHAB.

Rehab in your home comes with a whole set of challenges beyond the recovery process. Cooking, cleaning and other household chores can easily become a means of overexertion. And even if someone is there to help, people recovering at home often find it difficult to sit these things out.

With us, however, meals are prepared for you and you'll enjoy a stay in a comfortable, private suite. Here, there is a team of interdisciplinary professionals available seven days a week to help with pain management and to assist you in making the best choices for a successful recovery and return home.

*We also offer the following complimentary amenities:*

- Wireless Internet
- Local and long-distance telephone
- Cable television





## PREPARING FOR YOUR STAY

*We recommend you bring:*

- Comfortable walking shoes
- Seven days worth of comfortable, washable, loose-fitting clothing
- Personal toiletries (complimentary items are available)
- Medicare and insurance cards
- Copies of advance directives
- Address book with contact information of friends and family

*Things to leave at home:*

- Delicate clothes that may not launder easily
- Money and valuables
- Keepsakes and jewelry

## TRANSITIONING HOME

When you come to Oakwood for short-term rehab, our goal is the same as yours: to return you home as quickly as safely possible. A team of professionals will work with you throughout your stay to help you in accomplishing this goal. Upon arriving at Oakwood, you are assigned a social worker, whose primary responsibility is to assist you in planning for your return home. We can recommend and help arrange for services upon your return home as needed. If you live in the Madison area, a therapist can come to your home to conduct a home evaluation, providing useful recommendations on how to make adjustments within your home to make your return a safe one.

# OUR REHAB SPECIALTIES



Physical, occupational and speech therapies

Accelerated Care Plus (ACP), a modalities-based program that includes ultrasound, short wave diathermy, electrical stimulation, Omnicyle and Omni Virtual Reality.

Lymphedema treatment program

Access to a certified VitalStim® Therapy specialist

Advanced pain management

Orthopedic and neurologic rehab

Advanced wound care

Advanced contracture management

Balance clinics

*Our staff is happy to discuss all aspects of our rehabilitation services, which, together with the consistently high quality of our care, make us the leading rehabilitation services provider in Madison.*



## DIRECTIONS

Located 9.6 miles from downtown Madison, take East Washington Ave. to Exit 98-B-American Parkway. Oakwood Village is located on your right.

The Health and Rehabilitation Center has a covered drop off area for your convenience. Drive just past Tancho Drive and enter Oakwood Village off American Parkway.

It's your health.  IT'S OUR CALLING.



OAKWOOD VILLAGE

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## PRAIRIE RIDGE

Oakwood Village Prairie Ridge is locally owned and operated by Oakwood Lutheran Senior Ministries—a faith-based, not-for-profit organization dedicated to providing compassionate and effective short-term rehabilitation services to members of the Madison community and surrounding areas.

5833 American Parkway | Madison, WI 53718  
608-230-4620 | [www.oakwoodvillage.net/rehab](http://www.oakwoodvillage.net/rehab)

*An Oakwood Lutheran Senior Ministries community  
sponsored by 37 Lutheran congregations.*

