

Rehabilitation Program Homewood at Martinsburg

Rehabilitation Team

At Functional Pathways of Homewood at Martinsburg resident care comes first. Our physical, occupational, and speech therapists strive to deliver some of the finest resident care and clinical expertise in the industry. Our experienced team of therapists designs a customized rehab program for each individual. They are committed to each person's success in regaining the skills and abilities they need to achieve the independence they desire. The commitment of our staff to each person's success and the attention given to them and their family members helps make each person's rehabilitation program a positive experience.

Our Rehabilitation Department consists of a caring and creative team of physical, occupational, and speech therapists, physical therapist assistants, occupational therapist assistants, rehabilitation technicians, as well as one per diem therapist who is available most weekends.

Physical Therapy

Often times following a major surgery or medical emergency, returning home can be quite challenging. You may be faced with decreased mobility, unexpected medical needs, and inability to walk, perform stairs, or get up from a chair. Our Physical Therapy program improves the quality of life by promoting resident independence. Each therapy program is customized according to the residents' needs and may include the following:

- Evaluation and treatment for deficits in functional mobility (transfers, gait), wheelchair mobility, coordination deficits, and deficits with sitting, walking, and standing balance.
- Upper and lower body strengthening, range of motion, and endurance training
- Treatments for seating, standing, and positioning
- Establishing restorative nursing or wellness programs for carry-over therapy goals
- Caregiver/Resident training and family education
- Home exercise programs
- Recommendation for necessary equipment to be independent

Occupational Therapy

Our Occupational therapy program focuses on increasing functional ability with daily activities such as dressing, bathing, and eating. Occupational therapists encourage our residents to perform their own self care and home management tasks with customized dressing, bathing, eating, and energy conservation techniques. Our program includes:

- Evaluation and treatment for deficits in Activities and Daily Living (ADLs)
- Upper extremity/hand contracture management and splinting
- Education in energy conservation techniques
- Treatments for sitting and positioning, standing and wheelchair mobility
- Issues adaptive equipment and instructs in use of equipment
- Establishes restorative nursing programs for carry-over therapy goals
- Caregiver/Resident training

- Home Management Training
- Self-Feeding Programs
- Home Assessment

Speech Therapy

Our Speech Language Pathologist provides our residents with treatment to increase abilities with swallowing, communication, and cognition. With therapists' intervention, residents' swallowing needs are met through diet modification and feeding techniques; cognitive/language needs are met through compensatory strategies for increased safety and independence. Program highlights include:

- Dysphagia evaluation and treatment for individuals with swallowing difficulties
- Works closely with our Nursing and Dietary Departments to prevent weight loss
- Diet modifications
- Speech/Language assessment and treatment
- Addresses cognitive deficits and instructs on strategies for improvement

Specialty Areas

Here at Homewood at Martinsburg, we specialize in treating both long-term residents and short-term patients and outpatients.

Long-term residents participate in rehab to enhance their lifestyle while maximizing their functional abilities. They usually go through a variety of exercises which may include: range of motion, strengthening and endurance training, functional mobility, transfers, gait training, wheelchair mobility training, pain management, positioning needs and recommendations for needed assistive devices.

During a short-term stay, or as an outpatient, Homewood's rehabilitation program will guide you on the path to recovering your active lifestyle. Our therapies utilize Homewood's diverse facility opportunities to maximize and individualize your rehab experience. The rehab clinic consists of weights, exercise tables, parallel bars, steps, and Nu-step machines to increase your strength, flexibility, balance, and gait. While opportunity for more advanced equipment use is found in the Wellness Center's exercise room for use of the multiple-position bikes, treadmills, HUR pneumatic resistive equipment and elliptical machine. Next door to the exercise room provides the advantages of aquatics with a multi-depth pool ideal for weight bearing limitations and more progressive resistive exercise. But if your day requires more solitude, we can tailor your treatment day to bedside or another quiet area of Homewood. We hope that you find our flexible staff dedicated to exceeding your expectations while accommodating your desire to return home.