

Inpatient Physical Rehabilitation at Cheshire Medical Center

Comprehensive care dedicated to getting you back to what matters most.



Cheshire Medical Center
Dartmouth-Hitchcock

Comprehensive Inpatient Physical Rehabilitation

Highly specialized treatment delivered in a hospital setting.



“Around-the-clock access to specialists, our surgical team, ancillary services like CT scans, and specialized nursing care allow us to respond immediately to any medical needs that may arise for our patients.”

— John A. Ditri, MD
Medical Director of
Rehabilitation Services

Recovery from a major medical event like a stroke, disabling illness, or traumatic injury takes specialized treatment from a team of experts.

At Cheshire’s Inpatient Physical Rehabilitation Unit, you and your family members are the most important members of your team. Our skilled physicians, rehabilitation nursing staff, specialized therapists, and supporting team of healthcare professionals will partner with you.

Together, we will develop a personalized therapy plan to help you return to your community and live the most active and independent lifestyle possible.

Specialized treatment plans help to:

- Build strength, regain mobility, and improve balance with **Physical Therapy.**
- Improve speech, communication, and swallowing with **Speech Therapy.**
- Restore your ability to perform daily activities with **Occupational Therapy.**
- Improve your physical, mental, and emotional well-being with **Recreational Therapy.**

Convenient care that surrounds you when you need it.

Cheshire Medical Center is proud to offer you the only comprehensive acute inpatient physical rehabilitation unit in Southwestern New Hampshire. We provide personalized rehabilitation care in a safe, supportive, and nurturing environment. We also offer the advantages of being in a hospital setting.

Our unit’s location on the fifth floor of Cheshire Medical Center provides more than colorful views of the countryside. It means you will only be an elevator ride away from diagnostic tests, surgical suites, and highly-trained specialists if you need them. Cheshire is also a Joint Commission-Accredited medical center, so we can offer you the safest high-quality care in our area.

A higher level of care than skilled nursing facilities provide.

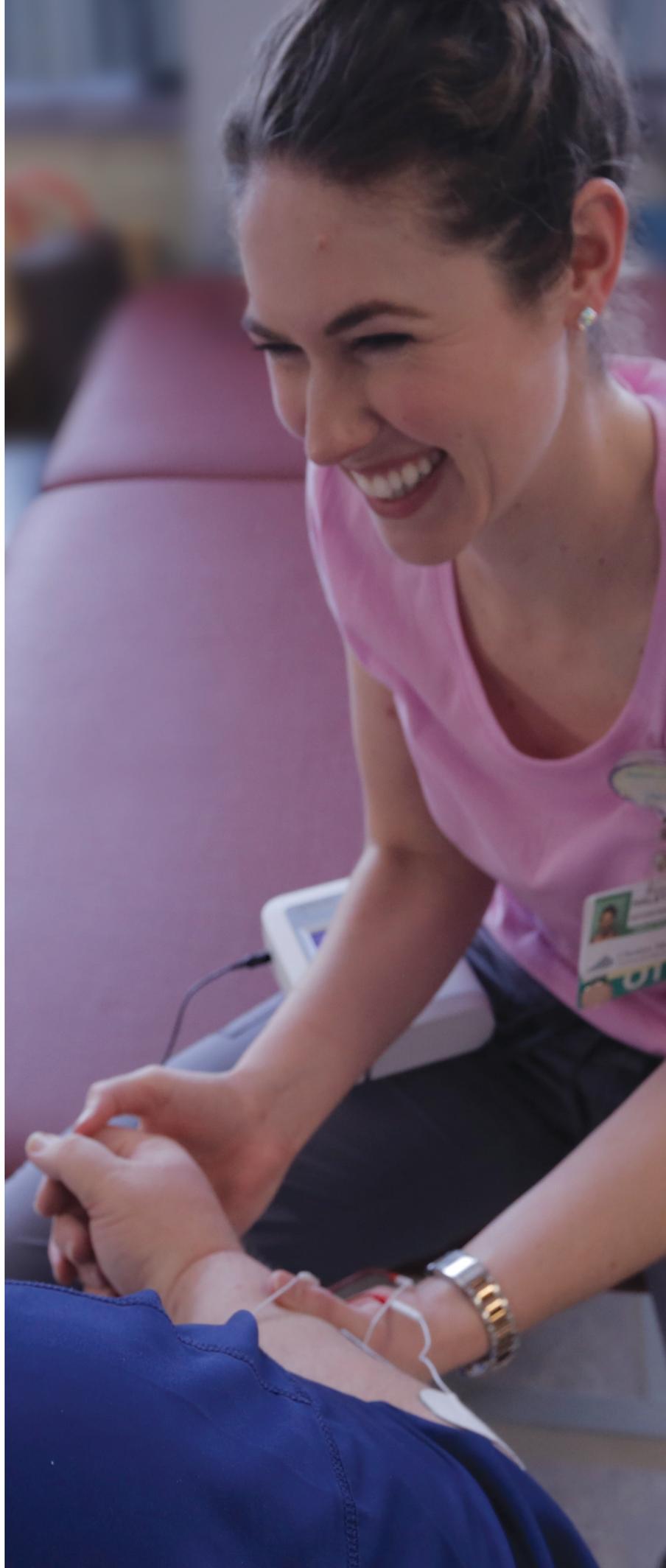
Cheshire's Inpatient Rehabilitation Unit offers highly specialized care to those in our local region and across New England.

Below are just a few of the features we offer that skilled nursing facilities cannot.

At Cheshire,

- You will take part in at least of three hours of personalized therapy per day with our skilled and compassionate therapists.
- A physician will round with you daily. Your entire team gathers weekly for a bedside conference with you and family to go over your progress and next steps.
- You will receive around-the-clock nursing care by registered nurses.
- Physicians are on-site at all times, including nights, weekends, and holidays.
- The full range of resources and services available at Cheshire Medical Center are easily accessible. You won't need to transfer to another facility for tests or treatments.

Cheshire Medical Center is a member of the Dartmouth-Hitchcock Health system. This allows us to provide you with care that expands seamlessly to specialists throughout the system, should you need them.



“ Each patient has a unique treatment plan specific to their needs. This plan is implemented by a collaborative team that flexes to best support the patient’s goals.

The entire team gathers weekly for a bedside conference with patients and family to go over progress and next steps. ”

— Amoriel E. Robinson, BSN, RN
Clinical Leader of Inpatient
Rehabilitation Services



With you every step of the way.

A full array of compassionate expertise surrounding you and your family.

As a patient in our inpatient rehabilitation unit, you’ll have an interdisciplinary team of medical professionals dedicated to delivering you quality care. Each person on your team is deeply committed to your goals, and will work hard to support and inspire you as you progress toward them, together.

Your core team can seamlessly expand to meet your needs.

The people in your core rehabilitation team will remain the same throughout your stay. Depending upon your individual needs, your team can also expand to include other providers within Cheshire Medical Center and the Dartmouth-Hitchcock Health system.

The graphic on the right outlines the various roles of your team and what you can expect in a typical day during your rehabilitation.

The various roles on your physical rehabilitation team

Rehabilitation Nurse

Assists you in achieving maximum independence. Their special focus is on medical care, prevention of complications, and patient and family education.

Physical Therapist

Works with you to reach your goals related to movement, muscle strength, joint function, balance, and coordination.

Occupational Therapist

Helps you restore function related to activities of everyday living.

Speech Therapist

Works with you to address problems related to cognitive, communication, and swallowing issues.

Recreation Therapist

Works with you and your family to coordinate therapy that helps promote social skills and leisure activities.

Licensed Nursing Assistants

Provide around-the-clock care for your medical needs and physical well-being.

Physiatrist

A board-certified Specialist in Physical Medicine and Rehabilitation that works with you and your family to design and coordinate your treatment plan.

Social Worker

Acts as a liaison for you, your family, and your rehabilitation team. They provide support and coordination of discharge plans and referrals.

You and your family



Behavioral Health Team

Supports the emotional needs of you and your family through treatment. They help address issues such as depression and adjustment to disability.

A consistent routine and daily support from your team help you make significant progress each day.

Patients awake at 7 a.m. to get daily routines started. Occupational therapists may work with you on Activities of Daily Living (ADL) such as bathing and getting dressed, and our physicians start rounds in the morning.

Your daily schedule is planned out, so your family may arrange to take part in some therapy sessions. For example, you may meet with your speech therapist first or work on nursing self-care skills. You may work on physical therapy later, either in our gym or therapeutic pool.

Lunch is served in your room, or in the ADL room if you need assistance eating. Your therapy continues in the afternoon. You may participate in occupational or recreational therapy, like practicing how to do your own laundry, or gardening in the raised bed on our patio.

If you request support from Behavioral Health to help you through the trauma or life change you have recently experienced, you may also meet with a counselor or social worker.

Your evening is for rest, recovery, and family visits. Dinner is often a family affair, with a wide variety of delicious room service selections available from our Nutrition Services department, Your family may purchase meals or snacks from the Art Nichols Cafe.

Other Medical Professionals

Include the following as needed: Orthotist/Prosthetist, Wound Care Specialist, Orthopedist, Dietitian, Neurologist, and many more specialists on site or within the Dartmouth-Hitchcock Health system.

“Everyone was very positive and encouraging. The process of therapy is so intimate, everyone becomes like family.”

— Claire Simpson

Patient at Cheshire's Inpatient Physical Rehabilitation Unit

Read more of Claire's patient story in our Spring 2018 issue of *Health+Wellness* magazine at cheshiremed.org.



“ Our staff are dedicated and persistent—fully invested in your success while here and for your continued improvement afterward. Our outpatient services can extend that support to further build your abilities. ”

— Bruce Chamberlin
Director of Rehabilitation Services

Moving forward towards independence and mobility.

From your first day in rehabilitation to discharge and beyond, we're working to ensure you have the support you need to get back to what matters most.

From the day you are admitted, your rehabilitation team is already working with you on your discharge plan with the goal to return you to your home or community. We develop and refine this plan to best meet your highest level of function and your family or caregiver's capacity to provide help for you.

Our Social Worker and Discharge Planner ensures you will have any assistive devices you need, like walkers or wheelchairs. They can also provide a home safety assessment visit upon your departure. Our connections to local support organizations help us work with you to arrange for supports and care when you return to your community.

Continuing your care through convenient Outpatient Rehabilitation.

You may still need to continue your recovery and rehabilitation once you no longer need inpatient care. Cheshire's Outpatient Rehabilitation Department can offer you the personalized therapy you need after you are discharged.

You may continue physical, occupational, or speech therapy with one or more outpatient therapists. You can also take advantage of our outpatient programs, like those listed below:

- **LSVT BIG + LOUD** A special training program for those with Parkinson's disease and other neurological conditions help you move your body and use your voice more normally.
- **Prosthetics & Orthotics Clinic** Assessment and rehabilitation for those needing braces, artificial limbs, or orthotic shoe inserts.
- **S.A.F.E. Fall Prevention Program** Fall reduction and balance retraining for those aged 65+.
- **Industrial Rehabilitation** Intensive conditioning rehab tailored to the unique requirements of your job.
- **Running Gait Analysis** Assessment to improve your running technique, which will reduce stresses and your chance of injury.
- **Pelvic Health Rehab** Treating incontinence, overactive bladder, and other pelvic health issues like prolapse, constipation, or sexual dysfunction.
- **Aquatic Therapy** Physical therapy in a pool to help restore your strength and movement through the use of buoyancy, resistance, and heat.
- **Oncology Rehabilitation** Therapy to restore function and quality of life for cancer patients through both treatment and survivorship.

Choosing Cheshire.

Cheshire's Inpatient Physical Rehabilitation is proud to offer you a broad range of services and support delivered by experienced, compassionate staff. Learn how we can help address the physical rehabilitation needs of you or a loved one by contacting our Rehabilitation Liaison at **603-354-6633**.



“ Our teamwork also extends into the community. Our relationships with community organizations allow us to make sure you have the necessary services in place for a seamless, successful transition upon your graduation from inpatient rehabilitation. ”

— Kelly Manning, MSW
Social Worker & Discharge Planner



Inpatient Physical Rehabilitation at Cheshire Medical Center

“ I meet people when they've suffered something that's often sudden and turns life as they know it upside down. I am routinely amazed and inspired by the progress so many are able to make working here with our caring, dedicated staff. ”

— Liz Olmstead
Rehabilitation Liaison



We accept referrals from medical facilities, home health agency staff, family members or patients. Please contact our Rehabilitation Liaison for more information at the number listed below.

Inpatient Rehabilitation at Cheshire Medical Center

Phone: (603) 354-6633 | Fax: (603) 354-6724

rehabreferrals@cheshire-med.com



580 Court St. | Keene, NH 03431 cheshiremed.org