

*Quality*  
through  
Employee Excellence



## THE BENEFITS OF REHABILITATION

When you're supported by a caring team of physical, speech and occupational therapists you'll get the motivation, inspiration and encouragement to make it to the next level – and beyond.

Strengthening and stretching or relearning and re-training, count on us to bring the best on-site equipment and personalized therapy to you.

An abundance of support, patience and expertise helps restore you to your highest level of function.

Improvement, progress, recovery. It's possible. Enjoy the peace of mind of knowing your progress is monitored and evaluated on a daily basis by highly-trained, professional staff. Concentrate on your worry-free recovery while safety equipment and convenient call buttons minimize the risk of falls and significantly decrease emergency response-time.

Inquiries regarding our therapy program or admissions should be directed to Windsor Gardens of Golden Hill, at (619) 232-2946.

## OUR TEAM

Our approach features a cohesive, interdisciplinary rehabilitation team not found in most post-acute settings.

Our team includes Physical Therapists, Occupational Therapists, Speech-Language Pathologists, and their assistants working together with nursing, dietary, activities, and social services to assist patients in reaching and maintaining their maximum potential.



**Hallmark**  
Rehabilitation

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*Comprehensive Rehabilitation Services*

Return to Your

*Highest*  
Level of  
Independence



**Hallmark**  
Rehabilitation

## PHYSICAL THERAPY

Our licensed Physical Therapists focus on improving the coordination, balance, strength, endurance, and joint flexibility to achieve optimal levels of functional mobility. The goal is to move the resident toward greater independent mobility, either unassisted or with the aid of an assistive device. Rehabilitation education of the patients and families is an integral part of all treatment. For alleviating pain, preventing disability, and restoring function following injury or illness, our Physical Therapists design individualized treatment programs that may include:

- Joint Mobilization
- Orthopedic Rehabilitation
- Gait and Transfer Training
- Therapeutic Exercises
- Wound Prevention
- Range-of-Motion Exercises

## Quality of Life

At Hallmark Rehabilitation, it's our goal to return you back to the best prior level of function. Utilizing the best in equipment and a newly remodeled rehab gym our highly educated and motivated staff work with you and your doctor to layout the right Rehabilitation plan.



Quality  
Care...

## OCCUPATIONAL THERAPY

The Occupational Therapy program focuses on improving a person's ability to manage everyday living skills. The Occupational Therapist evaluates each patient and identifies functional goals. Programs are individually developed to maximize the resident's optimal level of independence, restoring functional abilities to compensate for dysfunction and minimize deficits. Occupational Therapy services may include:

- Activities of Daily Living (ADL) Retraining (Dressing, Grooming / Hygiene, Feeding, Bathing)
- ADL Transfer / Mobility Retraining
- Cognitive Perceptual Retraining
- Energy Conservation Techniques
- Home Living Skills (Housekeeping, Cooking, Marketing, Financial Management)
- Safety Instruction
- Upper Extremity Therapeutic Exercise
- Utilization of Adaptive Equipment



Quality  
Services...

## SPEECH THERAPY

Our licensed Speech-Language Pathologists focus on restoring the patient's ability to communicate. They address communication problems by helping patients improve skills in speaking, listening, thinking, reading, writing, problem solving, as well as organizing and sequencing thoughts. Speech-Language Pathologists develop treatment and management programs and also assess swallowing difficulties. This condition, if left untreated, often leads to aspiration of food into the lungs, pneumonia, and other respiratory problems. Speech Therapy focuses on:

- Comprehension
- Speech Reading
- Auditory Training
- Reading & Writing
- Short & Long-term Memory
- Naming & Word Finding
- Speech & Vocal Skills
- Hearing Screening
- Swallowing Retraining