

## Patients strengthen themselves quickly after surgery utilizing the Biodex rehabilitation program

*AristaCare at Cedar Oaks*

### Acute Level Rehabilitation Program

Our unique acute level rehabilitation program is what distinguishes AristaCare at Cedar Oaks from all other short-term rehab facilities. At AristaCare at Cedar Oaks, patients receive customized intensive, acute level therapy, seven days a week. This aggressive approach ensures better outcomes, and a faster recovery. At AristaCare at Cedar Oaks, we feature a separate floor dedicated to short-term care where our highly trained nursing department is uniquely qualified to care for all our patients' needs. The floor boasts a high nurse to patient ratio. Every amenity possible is provided to ensure that each patient is comfortable and feels at home. Our goal is to bring each patient to their highest possible level of functioning in the shortest amount of time, utilizing a comprehensive multi-disciplinary team approach.

### Cardiac Telemetry Monitored Rehabilitation Program

Cardiac Telemetry monitored rehab ensures that a patient's cardiac well being is being continuously monitored while he or she is engaging in any physical rehab. Upon admission each patient undergoes a thorough medical history and physical exam as well as an ECG and pertinent cardiovascular exam. Based on the assessment results, the patient is enrolled into our Telemetry Monitoring Rehabilitation Program. During a patient's therapy program, continuous telemetry monitoring is administered under direct supervision of an Advanced Cardiac Life Support Certified RN monitoring heart rate, cardiac rhythms, and pertinent cardiovascular exams. We use sophisticated, state of the art hospital grade telemetry equipment, and, in the event of an urgent situation, we implement a STAT (emergency) procedure. Our response time to emergencies is immediate, and we are fully equipped with resuscitation carts, including defibrillators and lifesaving medications. Our board certified Cardiology Director oversees the program, and conducts weekly team rounds.

### Sports Medicine & Functional Rehabilitation Program

We have a state of the art sports medicine and functional rehab program that allows younger, healthier patients to strengthen themselves quickly after surgery or illness, through various multi-level sports. Sports therapy is an effective rehab method, and patients gain strength, sharpen their reflexes, and build stamina. Engaging in sports as part of rehab encourages endurance, and patients view the program as leisure, thus pushing harder, while yielding excellent results.



#### **Biodex™ Balance System**

*This system tests balance in four different ways: postural stability; limits of stability; single leg stability, and fall risk testing.*



#### **Biodex™ Gait Trainer**

*In the assessment mode of this treadmill system, the therapist is able to print out objective measurements about various components of the gait pattern. In the treatment mode, a computer screen shows the patient their actual gait pattern and gives them cues as to what to do to normalize it*

**The Balance System and Gait Trainer are used for assessment and treatment purposes. In both, comprehensive computer printouts clearly illustrate each patient's status and progress**