

Rehab Technology

Diathermy is generally a deep tissue heat treatment, however, sub-thermal settings for diathermy can also be used to increase circulation and speed healing.

Ultrasound can be continuous or pulsed transmission of ultrasonic waves to relieve inflammation and increase tissue cell metabolism. It promotes healing of injuries and regeneration of healthy soft tissue.

Electrical stimulation units use an electrical current to simulate the same electrical impulses that are activated during normal exercise. It can be used for strength training, muscle tone, neurological and muscle re-education and pain control.

Occupational Therapy Kitchen

The kitchenette is used for therapy to enable our patients to return home with confidence in assuming kitchen duties. Home management techniques, safety awareness, and use of modified adaptive equipment are some of the areas practiced with therapy assistance. The kitchenette is furnished with a microwave, dishwasher, refrigerator and sink and offers opportunity for simple meal preparation.

Transition Apartment

We offer a small studio apartment that includes a kitchenette, bed and bathroom where the patient can practice the skills that will be necessary for them to return home at discharge. Staff is available to offer assistance if necessary. This is a valuable experience in planning a successful discharge.

Brewster Place is a Continuing Care Retirement Community offering:

- Independent living
- Catered living
- Assisted living
- Three levels of dementia care
- Skilled care
- Post-acute care

Rehab Team

Includes a team of physical, occupational, and speech therapists, nurses and social services committed to your return home. Nurses provide 24 hour nursing care and work closely with therapists to help you follow through with the skills learned in therapy. Social services can provide assistance in obtaining community resources and help with the transition back to your home. All rehab team members are clinically skilled in geriatrics and rehab. Our team recognizes the importance of relationship and compassion in the rehab process.

**For more information
please call:
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Our Mission

Providing all of our residents
with opportunities for an
optimal quality of life.



The Rehab Center at Brewster Place

BREWSTER  REHAB

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The Rehab Center at Brewster Place is a post-acute inpatient and outpatient rehabilitation center. The \$5 million project includes 18 private rooms, an aqua therapy pool and an anti-gravity treadmill. The new unit is designed to provide rehabilitation and restorative services in an upscale, comfortable environment. Our goal is to return inpatients to an independent living setting. Both inpatients and outpatients will benefit from state-of-the-art technology.

- Orthopedic issues – fractures, joint replacements, rotator cuff repair
- Post-surgical, post-stroke, neurological and other medical conditions
- 3-4 week average length of stay
- Private rooms with private bathroom and shower, flat screen TV, and other amenities
- Therapy department equipped with e-stim, ultrasound, and diathermy
- Therapy pool with easy access, treadmill floor and spa jets for massage
- Anti-gravity treadmill
- Dining and living areas with ample space for family and other visitors
- Home-like kitchen and laundry room for occupational therapy
- Transitional apartment prior to discharge to help prepare for the move back home

The HydroWorx Therapy Pool

Hydrostatic pressure, water temperature and resistance combine to enhance cardiovascular stamina, muscle strength, and flexibility – all of which drive early range of motion gains during rehab.



The entire floor of the pool doubles as an **underwater treadmill**. The variable speed treadmill allows patients to progress at their own pace, while the buoyancy of the water eliminates the fear of falling or re-injury. The floor can be elevated all the way up to the edge of the pool which allows for easy entry. Underwater cameras and flat screen viewing monitors enhance the individual's ability to watch and adjust underwater movement, ensuring proper form and safety.

Resistance jets can increase strength and range of motion in joints and muscles. Walking or jogging on the treadmill against the jets enhances therapy and builds strength and stamina. Stretching and exercising against the jets also tones and relaxes muscles. The jets aid in stripping the muscles of lactic acid, preventing stiffness and soreness during the rehab process.

Hydro Massage allows for an adjustable flow to trigger a deep penetrating massage on arthritic joints or a light massage to ease aching and sore muscles. Massage hoses let patients target chronic areas for relief of spasms or to relax a sore muscle. Scar tissue can be safely and effectively broken down in deep tissue.

The AlterG Anti-Gravity Treadmill

Patients will be zipped into an air chamber that inflates around their lower body and fills with positive air pressure to gently lift them off the treadmill to the body weight selected. Precise unweighting allows one to walk or run between 20 and 100 percent of one's body weight. This will allow patients to normalize their walking mechanics after surgery and lower the impact on joints and muscles during exercise. Patients can work on strength and muscle control in a protected environment.

