

# HCF Care Continuum

## Pre-Surgery Pre-Rehabilitation


After you have found a surgeon, scheduled a surgery date, read about the procedure and have talked to others, you may still have underlying questions and concerns. Successful results and a speedy recovery depends on much more than expert surgical care and opinions from others. When it comes to rehabilitation, the more you can do for yourself, physically, before surgery, the better your overall recovery will be!

*“Fifty percent of outcome success is due to the surgeon, and the other fifty percent is due to the patient’s commitment to recovery – starting with Pre-Rehab.”*  
– Vonda Wright,

Pre-Rehabilitation is exercise therapy started at least six weeks before surgery. It’s a new concept to many; however, it has proven results and is making great impacts in the success of patient outcomes. Results include: patients becoming vertical sooner, faster recovery, faster function and pain stabilizing prior to surgery. So, don’t hesitate, get started today!


## Post-Hospital Surgical Care and Rehabilitation

As leaders in post-hospital surgical care and rehabilitation, our programs offer comprehensive assessments and individualized treatment plans.




Results In:  
**Orthopedic**

Sports Injuries • Joint Replacement • Fractures/Multiple Trauma  
Post Amputation



Results In:  
**Cardiac and Respiratory Recovery**

Heart Attack • Coronary Artery Bypass Surgery • Angioplasty/Stent  
Stable Angina • Heart Valve Repair/Replacement • Heart transplant  
Pneumonia • Tracheostomy



Results In:  
**Neuro-Rehabilitation**

Neuromuscular Disease • Acute And Chronic Back/Neck Pain  
Pre/Post-Operative Spinal Surgery • Parkinson’s Disease • Stroke  
Movement Disorders • Gait/Balance Disorders • Multiple Sclerosis  
Certain Head Trauma/Spinal Cord Injury • Brain Tumors • Headaches

## Advanced Care and Rehabilitation

From the newly diagnosed to those who have been suffering, HCF has a rooted interest and experienced history, offering the best in advanced professional care and rehabilitation.

### Arms of Care

- Congestive Heart Failure
- Diabetes Management
- Pain Management
- Chronic Obstructive Pulmonary Disease
- Hospice Care
- Respite Care
- Coping

### Clinical and Skilled Services

- Bariatric Capability
- Dementia Care
- Infusion Therapy
- Total Parenteral Nutrition
- Total Enteral Nutrition
- Peritoneal Dialysis
- Rehabilitation Unit
- IV Therapy
- Ostomy Care
- Wound Vacs
- Wound Team
- Wound Care-KCI



# Joy In Moments™

## Bringing Your Day Daily Moments of Joy

Whether it’s late night herbal tea or enjoying a good book, we encourage you to continue in the same daily activities that have always brought you joy while at home!

Help us assure these moments can happen during your stay with us. Simply fill out the card provided at preregistration. Before you know it, you’ll be on your path to recovery while experiencing our Joy In Moments, just like the moments you love at home.

*Sweden Valley Manor is conveniently located on Route 6 West across from the Charles Cole Memorial Hospital.*



  
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MANOR

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SWEDEN VALLEY  
MANOR

*a tradition of caring*

# Post-Hospital Care, Redefined.



Care and Rehabilitation Centered Around You.

\*Vonda Wright, MD is The Assistant Professor Of Orthopedic Surgery -The University Of Pittsburgh’s Center For Sports Medicine.



*The proven end result is greater patient care and family satisfaction.*

### ReBound™ Diathermy™ Pain Management Products

Rebound Diathermy is a compact and portable heat therapy system. Soothing, deep tissue heat is delivered via comfortable, anatomically specific therapy garments (can cover small and large body areas). ReBound Diathermy can be used to treat virtually any condition where thermotherapy is indicated, including chronic pain, muscle spasms and joint contractures.

### Revolutionizing Rehabilitation

In an everchanging health care environment, we provide the most comprehensive patient benefit programs. Our physical therapists are licensed, established, and specialized in orthopedics, neurologic, sports medicine and geriatric conditions. Our therapists attend mandatory continuing education courses throughout the year; guaranteeing the most updated knowledge and techniques to meet the needs of our diverse patient population.

To compliment our experienced therapy team, we’ve made valuable additions in rehabilitation devices offered, they include ReBound™ Pain Management Products and OmniVR™ Rehabilitation System. These proven devices include Electrical Stimulation, Patterned Electrical Neuromuscular Stimulation (PENS), Therapeutic Ultrasound and Shortwave Diathermy.

### Administrative Support– Take Advantage of All Your Insurance Benefits.

#### Did you know?

- If your stay at the hospital is a minimum of 3 qualifying midnights, Traditional Medicare will pay 100% of your stay up to 20 days.\*
- Today, there are several private insurances that offer the same 100% coverage without the 3 midnight qualifying stay minimum.

*Our administrative staff is experienced not only with Medicare but many other private-insurances. Our professionals can assist you with this and much more.*

\*Must occur within 30 days of hospitalization of 3 or more qualifying days. This must be extension of the treatment for same condition requiring daily skilled nursing care.



## HCF Redefined

### The Difference

*HCF “redefined” is a mind set focused around efforts in providing the best care possible in an environment that promotes quality of life. Starting with our traditional care practices and high standards we continuously enhance our individualized care plans and implement Person Centered Care values, thus taking patient care to the next level resulting in care of excellence.*

## Care and Rehabilitation Centered Around You

### Person Centered Care

*Person Centered Care* represents our involvement in a worldwide cultural movement, supported by people and organizations, whom strive to provide care that enhances one’s surroundings, comfort and encourages quality of life.

Even for a short term stay with us, our *Person Centered Care* puts relationships at the forefront. By focusing on honoring and respecting the voice of our patients and those working closest with them, our care involves a continuing process of listening and changing efforts to individualize care—bringing joy, and the securities of home.

### Specialized Therapy

Our proven physical (PT), occupational (OT) and speech therapy (ST) are provided by our full time on-site specialists. Working in our designated rehabilitation areas, therapists are readily available— daily, over weekends and on holidays. Highly individualized programs are designed to meet each patient’s specific rehabilitation needs. Therapy that is physician directed, begins under the constant supervision of a physical therapist. Here the professional care is administered respectfully, taking into consideration the patient’s emotional and physical well being.