



Short-Term Rehabilitation for Your Long-Term Lifestyle

The Meadows Health Center at Edgewood
*Seven-time recipient of U.S. News & World Report's
Best Nursing Home Award*

The support and services you need to get back to being you — only better.

If you're planning for surgery such as a joint replacement — or you find yourself sidelined by an acute illness or injury — you may be wondering what it will take to rebuild your strength and regain your ability to function independently.

Short-term rehab at The Meadows Health Center is here to help. Recognized as a U.S. News & World Report Best Nursing Home for Short-Term Rehabilitation, The Meadows offers modern, comprehensive services, state-of-the-art facilities, and caring professional staff who have one goal: to help you reclaim your optimum level of health and get back to the life you love.



“I needed to find a place where I could have both physical and occupational therapy, [and I] was fortunate to be able to come to The Meadows. I hesitate to even call it a rehabilitation facility. It feels almost like a beautiful country club that I get to enjoy while also getting some first-class physical and occupational therapy. The second day I was here, everybody called me by name. They knew me and it was just so welcoming. I wouldn’t just recommend it; I would really encourage people to come and see and experience this.”

—DAYL HUFFORD



Why do I need rehab?

After a surgery, illness or injury, rehabilitation can play an important role in your recovery. And beginning as early as possible will help you get off to the best start.

If you've had surgery, you may need to take it easy for a period of time to avoid damaging the surgical site. This gives the incision time to begin healing and become strong enough to withstand the stress of use. But during this time, surrounding muscles can weaken and joints can become stiff. As soon as your doctor gives the go-ahead, a professional rehabilitation therapist can show you how to begin gentle movements that will help strengthen your muscles and restore flexibility to the affected joint.

While rehab often begins while you're in the hospital, in most cases, you'll be discharged before you're ready to be home on your own. When this is the case, your doctor may recommend a short-term inpatient rehab program like the one at The Meadows.



How will rehab affect my recovery?

At The Meadows, your personalized rehab program will be specifically designed to address the unique challenges of your surgery, illness or injury — as well as your lifestyle, goals and preferences. Our ultimate aim is to provide the best possible environment and support for healing and recovery so you can safely return to doing the things you enjoy.

Your rehab program will:

- Give you time to focus on healing
- Include daily physical, occupational and speech therapy as appropriate
- Help improve the function of affected areas
- Increase your strength, flexibility, mobility and self-care skills
- Lower your risk of subsequent injury
- Help you avoid a return to the hospital

Decades of experience have shown that starting a rehab program as early as possible — and following it closely — can help you recover faster, regain greater function and ability, and help you get back to living the life you love.



Advantages of inpatient rehab at The Meadows

While you may be tempted to think recovering at home is your best option, inpatient rehab offers several distinct advantages you should consider when making your decision.

- **A personalized plan of care.** The Meadows' interdisciplinary team will work with you and your doctor to develop a personalized plan of care and an effective therapy regimen designed around your unique needs and goals.
- **On-site physical, occupational and speech therapists.** With The Meadow's state-of-the art therapy facilities on site, you won't have to worry about getting in a car to go to a therapy session or arrange for someone to stay at home with you.
- **Experienced staff and medical personnel available 24/7.** Our caring team is here to answer questions, address concerns, and assist as you begin to move around, helping to reduce the chance of falling or injuring yourself
- **A safe environment.** You'll stay in a room that's been specifically designed to make moving around safer and easier, including a private bathroom with a walk-in shower. Plus, you won't have to worry about household chores that could cause you to overexert yourself.



- **Peace of mind.** Both you and your family members can rest easy, knowing you're being cared for by experienced professionals who know just what to do to maximize your recovery.
- **Around-the-clock pain management.** Keeping pain in check is an important part of your recovery. Our team is expert in using a variety of methods to help manage any pain you may experience.
- **Delicious, chef-prepared meals.** You'll enjoy Edgewood's famous culinary services and farm-to-table cuisine served in an elegant, restaurant-style dining room with an inviting fireplace and relaxing lounge areas.
- **Coordinated discharge plan.** The Meadows' interdisciplinary team will work with you to develop a plan that can help ensure your progress once you return home.

If you're planning for surgery, now's the time to plan your recovery.

Give yourself and your family peace of mind by planning your recovery now. Talk with your doctor about what assistance you may need. Then, call The Meadows to schedule a tour of our inpatient rehabilitation center before your surgery. If you decide The Meadows is right for you, we'll help you set up a plan so your transition from the hospital to rehabilitation is as easy and seamless as possible.

To learn more and schedule a tour, call 978-725-4116.

THE MEADOWS

HEALTH CENTER AT EDGEWOOD

Edgewood Retirement Community
575 Osgood Street
North Andover, MA 01845

EdgewoodRC.com

Edgewood is a not-for-profit 501(c)(3) organization.

Medicare, private-pay and some insurance plans are accepted.

