

# The Highest Quality of Care for You or Your Loved Ones

## Overcoming Challenges Through Exceptional Rehabilitation Care

Residents in skilled nursing homes face a lot of unique challenges and Blue Sky Therapy is dedicated to helping you or your loved ones overcome them.

Our therapists provide innovative, personalized physical, occupational, and speech therapy services to motivate residents to reach their highest quality of life during the stay and in preparation for discharge home.



### ● **Physical Therapy**

Helps restore functional mobility, strength and endurance while alleviating pain, loss of motion or lack of coordination.

### ● **Occupational Therapy**

Empowers residents to complete daily living skills including eating, dressing, hygiene and home management tasks.

### ● **Speech Therapy**

Assists with improving or preserving cognitive abilities, promoting speech and language and swallowing abilities.



**866-208-2288**

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Canonsburg, PA 15317



[BlueSkyTherapy.net](http://BlueSkyTherapy.net)

# Our Goal is Outcome-Driven

Through an array of available customized treatment plans, including our **FIVE STAR** Centers of Excellence clinical programs our therapists help residents address the practical, everyday challenges they will face when they go home and provide them with injury prevention skills to avoid being displaced to a hospital or skilled nursing home again in the future.

## Center of Excellence Clinic Programs

- **MIND (Cognitive): Gain Independence!**  
Helps with dementia and other cognitive impairments to promote as much independence and quality of life as possible.
- **BalanceStrong: Reduce Falls!**  
Identifies and treats specific impairments causing fall risk through thorough assessment.
- **Incontinence: Be Proactive!**  
Addresses incontinence issues through collaborative therapy, intervention and training.
- **Pulmonary: Breath Easy!**  
Helps decrease respiratory symptoms and complications by encouraging self-management and control over daily functions.
- **Cardiac: Beat It!**  
Promotes optimal recovery from coronary artery disease, congestive heart failure and post-op coronary artery grafts.
- **Orthopedic: Live Strong!**  
Aids in recovery from hip, knee and shoulder surgery through strengthening exercises.



**Our interdisciplinary team is ready to help!**

Contact us to learn more.

