

SENIOR REHAB SOLUTIONS  
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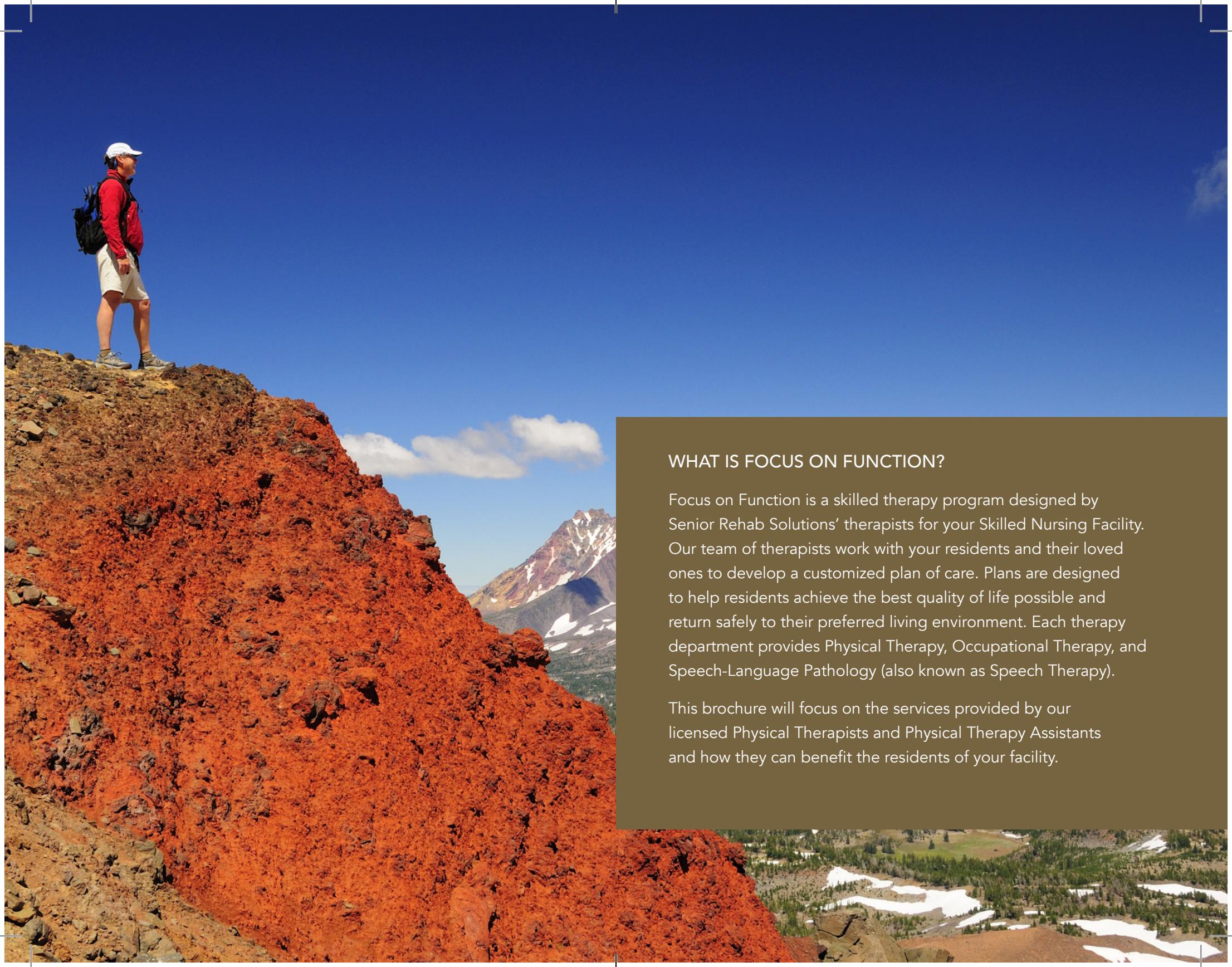
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**FOCUS**  
ON FUNCTION

Physical Therapy





## WHAT IS FOCUS ON FUNCTION?

Focus on Function is a skilled therapy program designed by Senior Rehab Solutions' therapists for your Skilled Nursing Facility. Our team of therapists work with your residents and their loved ones to develop a customized plan of care. Plans are designed to help residents achieve the best quality of life possible and return safely to their preferred living environment. Each therapy department provides Physical Therapy, Occupational Therapy, and Speech-Language Pathology (also known as Speech Therapy).

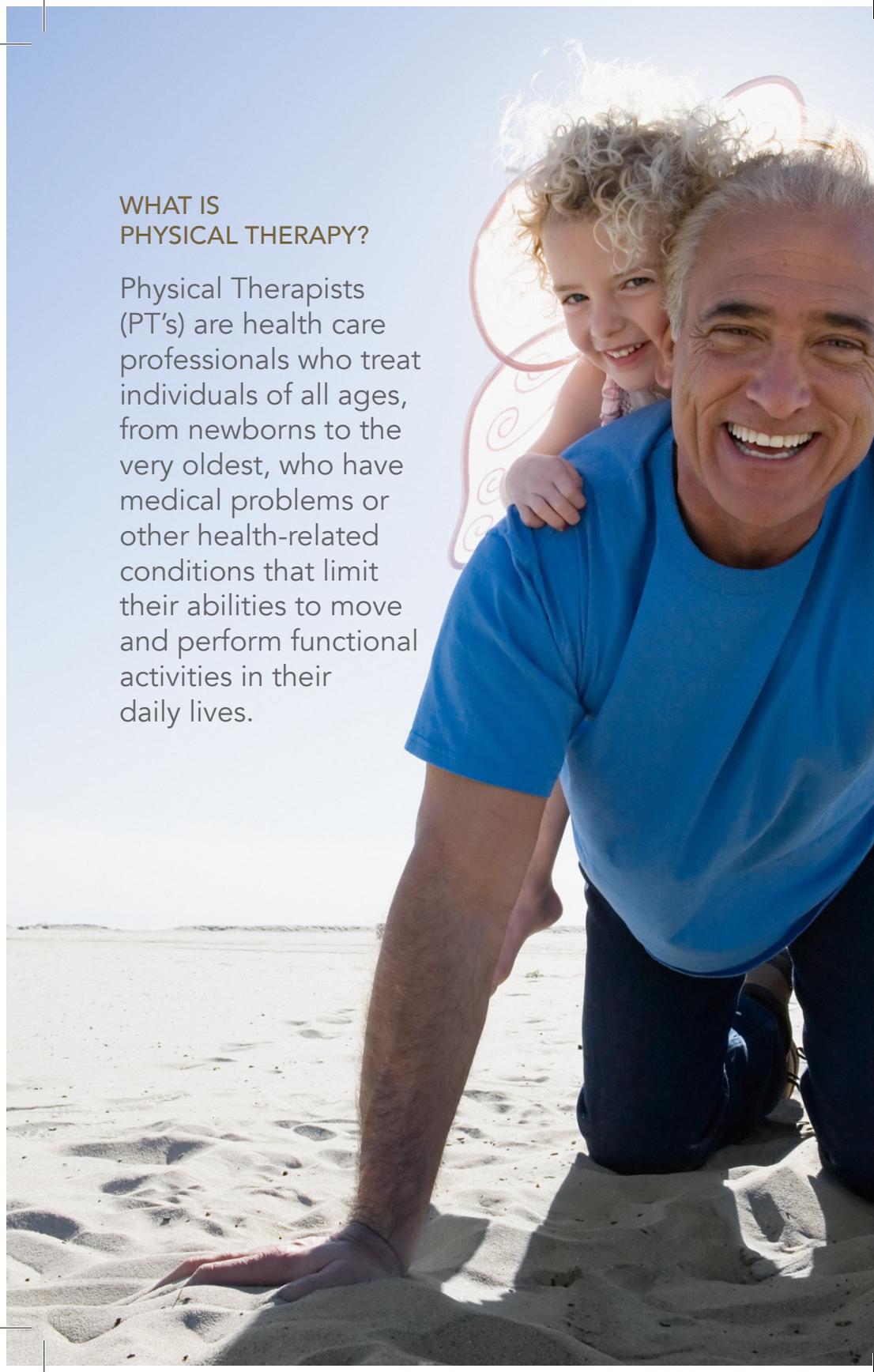
This brochure will focus on the services provided by our licensed Physical Therapists and Physical Therapy Assistants and how they can benefit the residents of your facility.

## WHAT IS PHYSICAL THERAPY?

Physical Therapists (PT's) are health care professionals who treat individuals of all ages, from newborns to the very oldest, who have medical problems or other health-related conditions that limit their abilities to move and perform functional activities in their daily lives.

## WHAT SERVICES CAN OUR PHYSICAL THERAPISTS PROVIDE YOUR RESIDENTS?

- **BALANCE AND COORDINATION** Both balance and coordination are integral in the prevention of falls (one of the leading causes of injury and hospitalizations among those age 65 and older). The goal of our Physical Therapists is to enable your residents to move within their environment with increased safety and reduced risk of falls.
- **MOBILITY** Getting from Point A to Point B is a task many of us take for granted, but for many of your residents, it is impossible without help. Our Physical Therapists work with the residents to reduce their reliance on others and improve their independence and safety in these tasks.
  - Wheelchair mobility is the ability to maneuver a wheelchair within one's environment in order to reach a destination
  - Gait is the ability to walk within one's environment in order to reach a destination (may or may not include the use of a walker, cane, etc)
- **TRANSFERS** Our PT's may train the residents in the use of a walker, cane, sliding board, transfer pole, or other device to reduce or eliminate their dependence on others and improve their safety, all while preserving dignity and freedom of movement.



- **BED MOBILITY** To help improve safety and mobility, our PT's will train residents in the use of bed rails, an overhead trapeze, or other device to reduce or eliminate their dependence on others and improve their safety and mobility.
- **PAIN MANAGEMENT** Pain can interfere in the resident's ability to participate in all daily tasks. When traditional approaches such as medications do not work, our PT's can use a variety of techniques to address debilitating pain in order to allow the resident to participate in mobility and other daily tasks. These techniques include relaxation, manual therapy, generalized strengthening and stretching, therapeutic exercises and activities, modalities, etc.

Senior Rehab Solutions:  
*Leading the way to recovery -  
one patient at a time.*

