

## **What is Rehab?**

What is Rehab? Most people don't really know until they, themselves, or a loved one requires rehabilitation after an illness or as part of their recovery from surgery. Rehab may be needed as part of recovery after a stroke, heart surgery, hip or knee replacement, an amputation, for someone with MS, or an illness or injury where there has been loss of strength, balance or mobility. Rehab in the form of occupational therapy can provide retraining in activities of daily living like getting dressed, eating, memory skills, picking things up, or putting on shoes. Physical therapy helps with rebuilding strength and mobility such as getting up out of a chair, walking, or getting in or out of a car. Speech therapy doesn't just help with speaking, but with swallowing and stimulation of the throat.

Where you choose to go for rehab can make all the difference in the success of your recovery. If the need for rehab is combined with the need for 24-hour nursing care, a skilled rehab and nursing facility might be your best option. Skilled nursing facilities provide retraining to help a person transition from a hospital where they were treated for an illness or injury back to the community. Medford Multicare Center for Living offers Physical, Occupational and Speech Therapy. Our Rehab Team is made up of over 20 members who provide therapy up to 6 days a week for our short-term patients and long-term residents.

Client and family centered treatment plans and goals are established for our short-term patients with the objective for them to return home. For long-term patients, our interdisciplinary team evaluates their medical, nursing, social services and psychological needs, activities of daily living, rehabilitation and nutrition and determines their need for rehab. Rehab is provided to long-term residents, when needed, to improve their functional ability and independence. Our team also evaluates our ventilator patients,

and therapy may be provided to help them build endurance for activities of daily living and ambulation. It is even possible for some ventilator patients to return home.

Medford Multicare Center is proud to welcome Karim Nensey as our new Director of Rehab. Karim instills the belief that all patients must be treated as a whole person, as they have experienced a loss, and that their psychological needs must also be attended to. “It is amazing to see the results of the human spirit, to see how our wonderful team interacts with the residents and patients, and the results of their efforts in recovery,” says Karim. “We welcome you to come tour our facility and see what we have to offer”. Medford Multicare Center is a 320 bed facility conveniently located at 3115 Horseblock Road in Medford, NY, just off the LIE exit 64. Call 631-730-3000 for more information, or visit [www.medfordmulticare.org](http://www.medfordmulticare.org).