

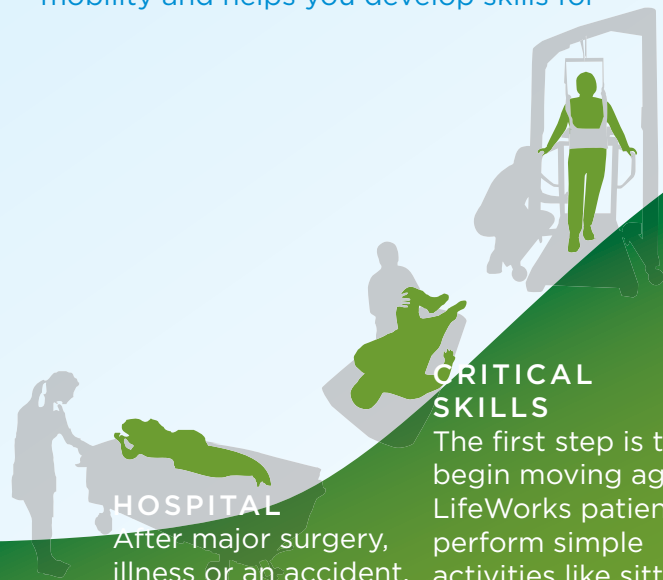
THE RECOVERY MAP®

LifeWorks Rehab is a comprehensive rehabilitation program of proven therapies designed by a team of specialists to help individuals recover life skills and personal independence after surgery, an accident or illness.

The LifeWorks approach begins with The Recovery Map®, a visual guide showing the importance of each stage of therapy on the road to full recovery. More than just physical, occupational, or speech therapy, LifeWorks Rehab builds strength and mobility and helps you develop skills for

living and enjoying life. LifeWorks therapists and staff are uniquely dedicated to making a difference in each patient's life in an environment of hope and healing. Our passion is your success.

Welcome to LifeWorks Rehab. You're on the road to recovery!



HOSPITAL

After major surgery, illness or an accident, patients often leave the hospital in a weakened condition and without basic skills for living.

CRITICAL SKILLS

The first step is to begin moving again. LifeWorks patients perform simple activities like sitting up, stretching and bending that will help start the healing process.

ESSENTIAL SKILLS

LifeWorks patients work on the essentials of mobility, activities of daily living, and communication. Therapies help regain skills necessary for daily functioning by building strength, flexibility, balance and endurance.

TRANSITIONAL SKILLS

Independence begins with the reacquisition of daily living skills. While LifeWorks patients are healing, the therapy team helps them relearn skills like bathing, cooking, dressing and cleaning. The patient also gets a home visit, learns to ambulate on different surfaces, and focuses on more difficult and complex activities of daily living.

ACCELERATION ZONE

A LifeWorks Recovery Map exclusive. Patients build skills they will need to regain independence and return to an active and meaningful life.

COMMUNITY SKILLS

LifeWorks patients prepare for life after rehab. Therapies include relearning favorite hobbies and activities, and preparing to work and play in the community.

HOME

LifeWorks patients return home ready to live independently. Follow up visits help fine tune skills, ensure that healing is progressing and promote complete recovery.

