

Rehabilitation Services Department

Physical, Occupational, and Speech-Language Therapy

Stroke/Neurological Rehabilitation

Stroke is a leading cause of serious, long-term disability. In 2015, more than 750,000 American had a stroke. You may have had therapy while you were in the hospital. Our inpatient therapists are trained in early intervention and mobilization techniques. A collaborative multidisciplinary team approach is used for each patient throughout his or her hospital stay. After discharge from the hospital, our experienced outpatient therapists are skilled at continuing your care.

LOCATIONS:

Center for Outpatient Rehabilitation – Hopewell
Two Capital Way, Suite 418
Pennington, NJ 08534

To make an appointment,
call: 609.303.4700

Center for Outpatient Rehabilitation – Trenton
832 Brunswick Ave., Trenton, NJ 08638

To make an appointment,
call: 609.278.5482

DO YOU SUFFER WITH ANY OF THESE SYMPTOMS FOLLOWING A STROKE?

- ... Decreased ability to swallow and/or communicate effectively
- ... Pain
- ... Difficulty walking
- ... Difficulty in carrying out activities of daily living
- ... Decreased strength
- ... Decreased range of motion

PHYSICAL THERAPY MAY HELP YOU:

- ... Improve strength, coordination and flexibility of your body, especially your lower extremities
- ... Reduce pain
- ... Restore ability to move in and out of bed more easily
- ... Improve ability to walk

OCCUPATIONAL THERAPY MAY HELP YOU:

- ... Reduce pain
- ... Improve strength, coordination and flexibility of your body, especially your upper extremities
- ... Re-learn activities of daily living (grooming, dressing, bathing)

SPEECH-LANGUAGE THERAPY MAY HELP YOU:

- ... Improve communication
- ... Identify the safest diet and swallowing strategies (including outpatient VitalStim® Therapy System)
- ... Improve cognition
- ... Enhance memory
- ... Increase attention

Our therapists will work with you to design a therapy program especially for you. Therapy sessions are generally 2–3 times per week for 4–6 weeks. Home exercises and activities are usually given as homework. Schedule time for an evaluation so your therapist can listen to your concerns and evaluate your performance.

References: Center for Disease Control and Prevention www.cdc.gov
National Stroke Association www.stroke.org

