



Sholom

OUTPATIENT REHABILITATION

We'll help you reach your highest potential



LET US HELP YOU...

Our therapy services will help you regain strength, range of motion, overall functioning, and help you maintain your health to retain your independence.

Our skilled occupational therapists are trained to work with you to develop a plan that will result in greater self-sufficiency and an enhanced quality of life.

OUR PHYSICAL THERAPISTS WILL WORK WITH YOU BY:

- Developing strength and endurance
- Retraining voluntary muscles
- Providing assistance for balance and inner ear issues
- Balance training
- Diagnosing and treating soft tissue problems through manual therapy
- Analyzing your gait, improving ambulation
- Improving body mechanics and posture
- Assessing fall risks
- Developing a home exercise program



OUR OCCUPATIONAL THERAPISTS CAN ASSIST YOU WITH:

- Techniques for daily living skills including self-care, bathing, home management and re-entering the community
- Improving upper body function including overall strength, range of motion, coordination and fine motor skills
- Pain management through ultrasound, electrical stimulation and heat
- Developing a home exercise program
- Assessing safety concerns in home environments and determining retraining needs
- Managing low vision
- Cognition
- Wheelchair seating and positioning, including the use of electric wheelchairs and scooters



OUR SPEECH THERAPISTS CAN HELP YOU WITH:

- Language comprehension
- Stroke recovery
- Word-finding and verbal expression
- Articulation
- Voice conservation and rehabilitation
- Swallowing disorders
- Reading and writing
- Cognitive deficits

Sholom's talented speech therapists are ready to assist you in improving your ability to communicate and provide techniques for improving your memory, problem solving and judgment. In addition, they can assess and treat swallowing disorders including recommending a safe diet.

DAVID FEINBERG VITALITY & AQUATICS CENTER

At Sholom East, the outpatient rehab facility is in the Vitality & Aquatics Center. Complete with computerized fitness equipment and a warm-water therapy pool, the center is designed to promote personal wellness, rehabilitation and fitness.

- Easy ramp access into the pool
- Individualized and group aquatic therapy, most paid by insurance
- Professional exercise machines
- Large private showers and changing rooms
- Bright fitness studio

POST-COVID-19 & "LONG-HAULERS" REHAB PROGRAM

Sholom's COVID-19 rehab program was created to better identify, assess and treat clients who may be suffering from "long haulers" or post COVID symptoms using a multi-disciplinary approach including:

- Physical, Occupational and Speech Therapy
- Social Services
- Therapeutic Rec
- Clinical Team – Nursing

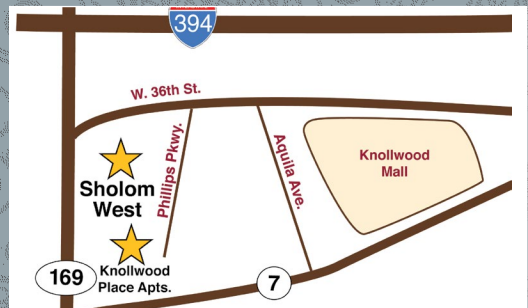
Ongoing research will continue to improve assessment and treatments as more findings are available.

To learn more, please call our St. Louis Park location at: 952.908.1758. For our St. Paul location, call: 651.328.2050.



Menorah Plaza Apartments

4925 Minnetonka Blvd. • St. Louis Park, MN 55416 • 952.653.3680 • **Rehab 952.908.1758**



Ackerberg Family Sholom West Campus

3620 Phillips Parkway • St. Louis Park, MN 55426
952.935.6311 • **Rehab 952.908.1758**



Shaller Family Sholom East Campus

740 Kay Avenue • St. Paul, MN 55102
651.328.2000 • **Rehab 651.328.2050**

SERVING THE TWIN CITIES METRO AREA

Sholom Home Care • 952.939.1649
Sholom Johnson Hospice Agency • 651.328.2091



Sholom, in partnership with our community, supports adults in need across the continuum of care, to live life fully in a Jewish environment and where all are welcome.

It is the policy and commitment of Sholom that it does not discriminate on the basis of race, age, color, sex, national origin, disability, religion or political belief.

Equal Opportunity/Affirmative Action Employer

