

## Making Rehabilitation as Seamless as Possible

Have you ever experienced an illness, injury, or medical procedure such as a joint replacement and required rehabilitation to get you back to the lifestyle and activities you desire? The skilled physical, occupational, and speech therapists at Alden Estates of Barrington, specializing in rehabilitation and post-acute care, do just that and more.

### WHAT TO EXPECT

When you come to Alden Estates of Barrington for rehabilitation/therapy services, you can expect to receive an individualized plan of care that takes into account your own unique medical condition, physical limitations, health needs, and therapy goals. Our nurses, therapists, care coordinators, discharge planners, and other staff work with you and your physician to ensure the best possible course of treatment and therapy outcomes.

The therapists at Alden conduct a comprehensive examination and formulate an appropriate course of treatment designed to decrease pain and inflammation, improve movement, flexibility, posture, strength and performance and to promote maximum independence and capacities for activities of daily living, work or sports. Their approach is different from other therapy departments in that they will engage you, the patient, to the extent that you wish, to elicit your concerns and goals and use this to formulate a treatment program that is specific and unique to you. This treatment philosophy will continue throughout the entire length of your stay, thus giving you a level of quality and support that few other locations can offer.

Using Functional Assessment Tests and other evidenced-based tests and measures of progress, therapists utilize high-intensity exercises to increase muscle strength, reserve, bone density, and overall endurance. This leads to improved performance so that patients can resume a lifestyle that is meaningful to them at home and in the community, rather than adapting and compensating. State-of-the-art therapeutic modalities such as Electrical Stimulation, Patterned Electrical Neuromuscular Stimulation (PENS), Therapeutic Ultrasound, and Shortwave Diathermy are also used as indicated during treatment to decrease pain, inflammation and edema and thus increase patient comfort and tolerance to treatment. This enables therapists to introduce earlier, more aggressive therapy interventions to help improve

function and recovery. Therapeutic modalities also allow therapists to treat more complex conditions, decrease muscle disuse atrophy, enhance soft tissue healing through increased circulation, and improve neuromuscular control in patients with orthopedic and neurological diagnoses.

The extent to which you will benefit from therapy is dependent upon whether you want to modify your lifestyle and possibly use assistive devices or adaptive equipment in order to return home as soon as possible or whether you want to increase your stay to achieve the maximum level of functioning possible before returning home. Whatever you decide regarding a therapy program that is right for you, know that Alden Estates of Barrington can serve as an important step in the recovery process of any illness or surgery.

### A CONTINUUM OF CARE

After you complete your rehabilitation stay at Alden, you may need further services in terms of home care or in an outpatient setting. We are able to arrange either service and will take care of all the details for you. In addition, we will make sure that your next provider is aware of what you have accomplished thus far, and what goals you still have. You also will receive a written copy of an exercise program to continue with as well as any other pertinent instructions so that you can easily have them at hand. Finally, you are always encouraged to call your Alden therapist after discharge should you have any concerns or questions. Our goal is to make all transitions as easy and seamless as possible for you and your therapist will work with you to do so.

KRISTINE BYKERK, PT, MBA  
ALDEN ESTATES OF BARRINGTON



*Kristine Bykerk, PT, MBA, is the Senior Vice President of Corporate Operations for Community Physical Therapy & Associates (CPT), which provides physical, occupational, and speech therapists at Alden Estates of Barrington. CPT has over 500 therapists assisting individuals to function to the best of their ability in the 10-county Chicagoland area.*

### CONTACT INFORMATION:

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*The Alden Estates of Barrington Rehabilitation Team consists of 10 full-time physical, occupational, and speech therapists. Seven have been at Alden Estates of Barrington since 2003. The remaining therapists have worked in the department anywhere from three to nine years, which has created an incredibly stable and dedicated group of professionals.*