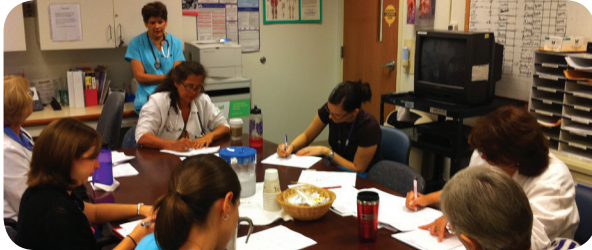


## Our Rehab Hospitals

Sheltering Arms Rehabilitation Hospitals, located in Midlothian, VA and Mechanicsville, VA, are considered the first choice for physical rehab in the region. Your hospital stay will be guided by an interdisciplinary team of healthcare professionals whose goal is to help you gain your independence and achieve your goals.

We do this by having:

- A first class medical team. More rehab physicians; therapists board certified in neurology, orthopedic, and geriatric; and more nurses with critical care certification than any other rehab hospital in the region.
- Advanced technology for neuro rehab found nowhere else in Virginia
- An individualized recovery plan developed from evidenced-based best practices designed to get you home faster



## Your Team

A multi-disciplinary team approach is used and directed by physicians who are leaders in their field. The team includes therapists (physical, occupational, speech, and recreational), nurses, medical psychologists, clinical case managers, dietitians, pharmacists, and chaplains. Your team has more advanced certifications than any other facility in Central Virginia and is committed to getting you home quickly.

*Ask your physician  
or your care manager to arrange for you to talk with  
your Sheltering Arms Nurse Liaison who can answer  
all of your questions.*

## Your Recovery

As you transition to the next step in your recovery, decisions regarding your care will be very important. Your physician may recommend that you go to an acute rehabilitation hospital for the most intensive therapies to recover quickly. Sheltering Arms is unlike any other therapeutic hospital. Our team, our technology, and our customized treatment plans get you well and back home doing the things you love.

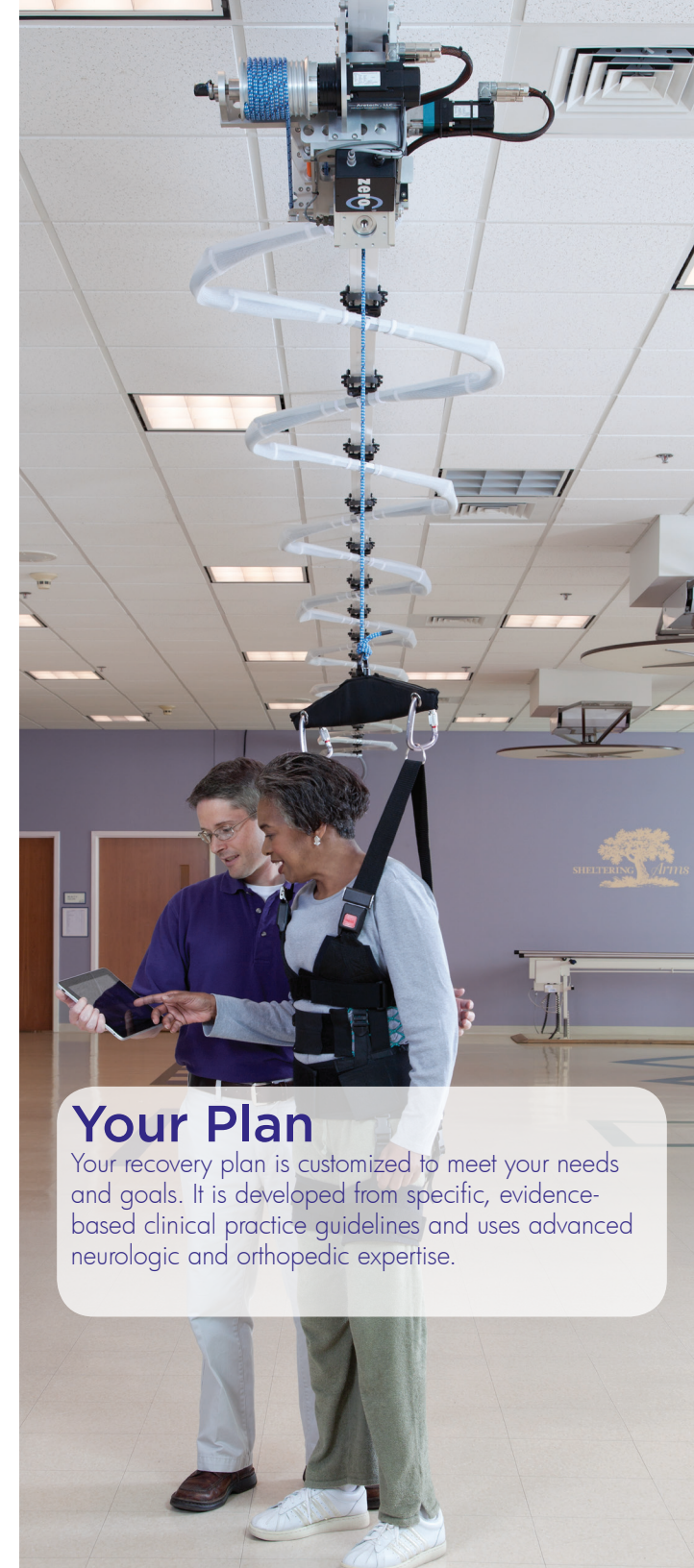


## Technology

During your recovery, you will have access to advanced technology found nowhere else in Virginia. We are a leader in rehab robotics and use the following devices to help uncover and promote function:

- » **ArmeoPower:** Robotically assisted arm rehab device
- » **L300/Plus:** Electric stimulation for weak leg & foot muscles
- » **ErigoPro:** Robotic lower body stimulator
- » **Indego:** Robotic exoskeleton for gait training
- » **LokomatPro:** Robotic walking retractor
- » **ManovoPower:** Robotic grasping retractor
- » **Rapael Smart Glove:** Task-oriented exoskeleton hand therapy glove
- » **RT300 Cycle:** Electronic stimulation leg & arm strengthening cycle
- » **SMART Balance Master:** Balance & vestibular detection/rehab device
- » **ZeroG:** Overhead robotic gait & balance harness

Brand names of devices are copyrighted. All rights reserved by respective manufacturers.



## Your Plan

Your recovery plan is customized to meet your needs and goals. It is developed from specific, evidence-based clinical practice guidelines and uses advanced neurologic and orthopedic expertise.



## Continuum of Care

Your recovery doesn't end when you are discharged from our hospital. Sheltering Arms offers a variety of outpatient services for your continued physical and emotional recovery after you return home. You can enter the Sheltering Arms care system at any point.

### Outpatient Services

- » Home Health
- » Medical Psychology
- » Physician Clinics
- » Therapy

### Specialty Programs

- » iReach Recovery Center
- » iWalk Recovery Center
- » Spine Clinic

### Fitness & Activity Services

- » Day Recreation
- » Fitness/Pool Classes
- » Fitness/Pool Memberships
- » NeuroFit
- » Personal Training



### LOCATIONS

Sheltering Arms Physical Rehabilitation Hospitals:  
Hanover & Midlothian

### Rehabilitation Centers:

Bon Air	Midlothian Neuro & Rehab
Chester	Midtown
Hanover Neuro & Rehab	Reynolds
Hull Street	West End / PT Works
Laburnum	

Ask for an assessment by a  
Sheltering Arms Nurse Liaison  
today and discover more at:

Inpatient: (804) 764-1000  
Outpatient: (804) 764-1001  
Toll-Free: 1-877-56-REHAB

[www.ShelteringArms.com](http://www.ShelteringArms.com)

# THE SHELTERING ARMS DIFFERENCE YOUR HEALTH & RECOVERY



Hospital - Hanover



Hospital - Midlothian



Stroke - All