

# Orthopedic Rehab



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## ORTHOPEDIC REHABILITATION SPECIALTY PROGRAM

Rehabbing after surgery or an injury can be difficult. At BSA ComPassion Home Care, we offer a comprehensive Orthopedic Rehabilitation Program specifically designed to help you:

- Recover from joint replacement or other joint surgery,
- Rehab a muscular-skeletal injury,
- Recover from other traumatic injury,
- Combat a degenerative joint disease, working toward optimal function and mobility.

## YOUR GOALS ARE OUR GOALS

Your Rehab team consists of our experienced physical, occupational, and speech therapists and assistants. With our shared goal of helping you regain your previous lifestyle, your team along with your physician, will develop a comprehensive, individualized, intensive treatment program to help you:

- Optimize independence
- Restore physical function
- Enhance daily activity skills
- Build strength and endurance
- Improve balance and regain mobility
- Protect joints through education, home exercise and safe-lifting techniques

## OUR ORTHOPEDIC REHAB PROGRAM CONSISTS OF PROVEN APPROACHES INCLUDING:

- Endurance Training
- Ambulation Training, with assistive devices such as canes and walkers, even on varied surfaces
- Strength Training, manual techniques and Neuromuscular Electrical Stimulation units to improve function caused by neurological weakness
- Strength and Balance Training and progressive balance exercise program
- Mobility Training for safe transfers from bed and chairs
- Activities of Daily Living Training for bathing/showering, dressing and hygiene
- Pain Management therapies including Ultrasound, Electrical Stimulation and Massage
- Speech and Language therapies for swallowing dysfunction
- Patient and family training for Home Exercise Programs



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