Licensed Nursing Specialists

We offer 24 hour licensed nursing rehabilitation restorative service and assistance with ADLs (Activities of Daily Living) to enhance or maintain physical functional mobility.

- IV (intravenous) therapy
- Oxygen Therapy
- Upper respiratory care (nebulizer treatment)
- Wound and ostomy care
- Assisted feeding (naso-gastric and gastric tubes)
- Lab, X-rays, doppler tests on the premises
- Therapeutic diets
- Incontinence care
- Hospice Care

Physical, Speech and Occupational Therapies

Our licensed therapists provide comprehensive programs in physical, occupational and speech therapy for patients recovering from major surgery, strokes, heart attacks, neurological, orthopedic conditions, and other illnesses, injuries and disabilities. We offer services in our skilled nursing center, assisted living, and also offer outpatient services. Our treatment programs are designed to meet the individual needs of each patient. We strive to ensure seamless transition of patients to the right level of care upon discharge.

Our programs also include:

- Activity of daily living training
- Balance training
- Gait training
- Bed mobility
- Wheelchair positioning
- Splinting/contracture management
- Dysphagia treatment
- Aphasia/cognitive impairment treatment
- Wound Care
Home Training and Home Evaluation

Improving your day to day living is what therapy is all about. That means knowing how to do things with greater comfort, ease and competence. That’s where our home evaluation & home training come in.

Home Training is how we will get you ready for that next big step. Literally. Our home training facilities simulate what you will find in your home. Then, working together, you and our licensed therapists will develop strategies to make your life easier. We cover everything necessary to help you get on with your life.

Some cases require more than Home Training. For that we offer Home Evaluation.

Home Evaluation is exactly what it sounds like: an evaluation that looks at your home and makes recommendations regarding what steps can be taken to make things easier upon your return.

Joint, Knee & Hip Replacement

New advances in post-surgical rehabilitation can help reduce pain, swelling and stiffness. By managing these conditions and improving strength and mobility, joint weakness can be successfully treated in over 75% of people.

Research suggests that high frequency ultrasound waves or diathermy can help bring comfort to painful joints and muscles by reducing pain and swelling. These treatments are comfortable and often provide immediate relief.

Slow, gentle stretching and simple strengthening exercises in combination with mild, comfortable electrical pulses can help improve range of motion in joints and increase muscle strength.

Our program uses these advanced techniques and can help people resume a more active lifestyle after joint replacement.
Painful Arthritis

*including Rheumatoid and Osteoarthritis*

Until recently, arthritis was thought to be an inevitable consequence of aging or genetics. But medical research has recently discovered new ways to treat arthritic joints and in many instances, slow or stop the deterioration of arthritic joints. In addition, the pain of arthritis can be successfully reduced by over 67% without drugs. In fact, the Arthritis Foundation, the American Pain Society, and the American Geriatric Society recommend several treatments that are part of ACP’s Arthritis Program.

**Pain Management**

While drugs can help reduce pain and swelling, they may not always be a good long-term solution due to side effects and cost. Our interdisciplinary program includes screening tools, a psychosocial component, physical agent modalities and proper documentation. Because pain is widespread in patients, pain management is coordinated with nursing to be able to provide non-pharmacological methods for pain management.

**Fall Prevention**

Most falls can be prevented. Until recently however, falling was thought to be an inevitable result of aging. Fortunately, medical research has shown that many falls are preventable if the risk factors are identified early enough and the right treatments are introduced. Fall risk assessments are performed on each patient. A supervised exercise program which targets loss of muscle mass and strength in key muscle groups is provided to restore strength, balance and reaction times in those patients at risk for falling.

**Stroke Recovery**

The last decade has seen rapid progress in the treatment and rehabilitation of stroke patients. Our program uses advanced rehabilitation techniques developed to increase strength and mobility for optimized functional recovery following a stroke. The types and degrees of disability that follow a stroke depend upon which area of the brain is damaged and how much is damaged. It is difficult to compare one individual’s disability to another, since every stroke can damage slightly different parts and amounts of the brain. Generally, stroke can cause five types of disabilities: paralysis or problems controlling movement; sensory disturbances including pain; problems using or understanding language; problems with thinking and memory; and emotional disturbances.
Outpatient Therapy

Offering evaluation, treatment and preventive/post-injury education to people of all ages with musculoskeletal injuries or neurological disorders.

- Orthopedic Rehabilitation
- Post injury treatment and rehabilitation
- Post surgery rehabilitation
- Gait training
- Amputee and prosthetic training
- Foot evaluation / Orthotics
- Pain management
- Hand therapy
- Neurologic Rehabilitation
- Balance training
- Gait training
- Vestibular rehabilitation

Therapeutic Modalities

Our specialized treatment programs provide non-surgical, medication-free treatment options for a wide range of conditions. They have been developed around medical research using proven rehabilitation procedures. The programs may also use medical technology called “Therapeutic Modalities,” such as ultrasound, shortwave diathermy, gentle electrical stimulation or infrared light. Therapeutic Modalities are often used by professional sports teams to manage pain, re-educate muscles and increase circulation for improved healing after an injury.

The Therapeutic Modalities in our specialized treatment programs use state-of-the-art medical technology that has been used safely and effectively for many years among people of all ages. The treatments are comfortable and well accepted by patients.

Our specialized treatment programs may be helpful in the treatment of many common conditions and related symptoms experienced by aging adults and others.

- Pain
- Swelling
- Arthritis
- Muscle weakness
- Coordination or balance problems
- A recent fall or fear of falling
- Recovery from a joint replacement
- Complications from a stroke
- Loss of movement
• Bladder problems
• Slow healing wounds
• Post-surgical recovery
• Carpal tunnel syndrome
• Muscle weakness related to COPD

Orthotic Therapies

Orthotics is a systematic approach to braces and supports used to help support, protect or correct problems patients may have with their joints, limbs or other parts of the body. Orthotics may be used to help treat conditions such as arthritis, contractures, stroke, injury, post-joint surgery and pain.

Orthotic treatment may include the use of medical technology called “Therapeutic Modalities,” such as ultrasound, shortwave diathermy, and gentle electrical stimulation. Medical research shows that Therapeutic Modalities can enhance the benefits of orthotics with certain conditions. ACP’s partnering facilities have received special training in the use of orthotic devices, including proper selection and fitting. They are also trained in the use of Therapeutic Modalities with orthotics to help improve treatment results.

Omnicycle

Our Omnicycle system allows patients to exercise their upper or lower body even when they might not have full control over their limbs, or are suffering from other physical limitations. The Omnicycle uses biofeedback and powered-assist technology to “sense” these limitations, and then provides assistance as needed for patients to complete a peddling motion with their arms or legs.

By building strength and endurance earlier in the recovery process, patients are often able to regain their physical abilities more quickly and return to normal activities.

“Many people who have suffered from a stroke, neuromuscular disease, nerve damage or other conditions may experience loss of movement or sensation in different parts of the body – sometimes on just one side,” said Dr. Frank Palermo, a specialist in geriatric rehabilitation. “To improve chances for recovery, research emphasizes the importance of introducing therapeutic exercise as soon as possible after the condition has stabilized. The Omnicycle’s unique capabilities allow patients with physical limitations to participate in therapeutic exercise earlier in their therapy process.”
The Omnicycle system is able to accommodate a wider range of patients and conditions than traditional resistance exercise systems. It has also been designed to accommodate the unique needs of geriatric patients, with features including wheel chair access, heart monitor, and a voice-command emergency “stop” button. The Omnicycle system is unique in its ability to accommodate post-acute patients with neuromuscular or orthopedic diagnoses that might not otherwise be able to participate in an exercise program as early in the rehabilitation process.

**Omnistim® FX2 Pro Patterned Electrical Neuromuscular Stimulation (PENS)**

Featuring ACP’s patented Patterned Electrical Neuromuscular Stimulation (PENS) waveform, PENS closely replicates the body’s normal muscle and nerve firing patterns (based on EMG research) and has been extensively researched for clinical efficacy. It offers protocol-use recording capabilities, a built-in lead wire/output tester and evidence-based, “condition-driven” operational protocols for ease-of-use and therapist efficiency. The system also includes a unique hand control feature, which allows the therapist (or patient with therapist oversight) to provide “active-assisted stimulation” for functional exercises such as “sit-to-stand” maneuvers.

**Omnistim® 500 Pro Electrical Stimulation**

ACP’s Omnistim® 500 Pro is a versatile multi-modality electrical stimulation system offering a broad spectrum of therapy options including Full-field Interferential Current (IFC), Transcutaneous Electrical Nerve Stimulation (TENS) and Continuous Medium Frequency Nerve Block for effective management of chronic-intractable pain and/or acute post-traumatic pain. The system’s Medium Frequency Alternating Current (MFAC), Neuromuscular Electrical Stimulation (NMES) and Low Voltage Pulsed Current (LVPC) waveforms support neuromuscular re-education and treatment of muscle disuse atrophy. High Voltage Pulsed Current (HVPC) is used for reduction of chronic-intractable pain and/or acute, post-traumatic pain and to increase circulation for tissue healing applications. The Omnistim® 500 Pro also features a protocol-use recording function, a built-in lead wire/output tester and evidence-based, “condition-driven” operational protocols for ease-of-use and therapist efficiency.
Omnisound® 3000 Pro Therapeutic Ultrasound

ACP’s Omnisound® 3000 line is the most extensively researched ultrasound device available and is supported by numerous research articles for superior outcomes and safety. The 3000 Pro offers evidence-based operational protocols and can be used in “Pulsed” or “Continuous Modes” for both thermal and sub-thermal applications. Importantly, it offers an advanced uniform beam with the lowest Beam Non-uniformity Ratio (BNR) and Peak Area of Maximum Beam Non-uniformity Ratio (PAMBNR) in the industry for consistent heating effects and patient comfort. This exceptional beam uniformity supports safer treatment for geriatric patients with reduced muscle mass and sensitive joints.

ACP’s Megapulse® II Shortwave Diathermy

The Megapulse® II Pulsed Shortwave Diathermy provides state-of-the-art thermal and sub-thermal treatment capabilities to address a wide variety of clinical diagnoses. With its patented Delta T Temperature Dose Control Technology, the system insures reproducible dosage for treatment consistency, ease-of-use and clinician efficiency. In addition, it offers a heavily shielded HI-Q applicator head, which focuses the beam and provides uniformity of heating for patient comfort and safety. The system’s protocols are well researched and output parameters have been carefully selected for use with the elderly. Protocol and device utilization can be monitored using the unit’s integrated protocol-use recording function. ACP’s Megapulse® II Pulsed Shortwave Diathermy offers demonstrated clinical efficacy and the units are widely recognized as the most reliable and efficient devices in the industry.

Gymnasium

Filled with NuStep®, Thera-Band® Exercise Balls, weights, stairs parallel bars and many other ways to help keep you fit.