



Eden Medical Center

A Sutter Health Affiliate

With You. For Life.

Rehabilitation Services





Rehabilitation specialists at Eden Medical Center focus on improving function and the quality of life for our patients. Our caring team combines the expertise of trained specialists from many fields to provide a full continuum of inpatient, outpatient, and community-based programs to help our patients reach their unique goals with an individualized plan.

The patient's experience is enhanced through coordinating the combined knowledge of our clinical team and the support of our physicians.

The team may include:

- Referring physician
- Psychologist
- Physiatrist
- Speech-language pathologist
- Physical therapist
- Registered dietitian
- Occupational therapist
- Social worker
- Rehabilitation nurse
- Chaplain

Patients and their family are also an important part of this team, and we encourage their participation in the healing process.

Inpatient Rehabilitation Services



Hospital Based Occupational, Physical, and Speech Therapy

With a physician's referral, rehabilitation often begins during a patient's initial hospital stay to help regain lost function, return the patient to his or her home, and plan for future therapy. Speech and language pathologists evaluate primary language disorders and help patients communicate during their stay. Therapy services for stroke, spine, neuro-trauma, and neurological rehabilitation begin in Eden's Sutter East Bay Neuroscience Center and Neuro Intensive Care Unit. Orthopedic, trauma, medical disorders and cancer rehabilitation is also provided on both campuses.

Inpatient Acute Rehabilitation

Laurel Grove Acute Rehabilitation Hospital at Eden Medical Center offers a comprehensive physical and cognitive inpatient rehabilitation program dedicated to treating individuals who have experienced a disabling injury or illness which may relate to a medical diagnosis such as stroke, orthopedic dysfunction, trauma, or other neurological disorders. A physician specializing in physical medicine and rehabilitation works with and coordinates the efforts of the rehabilitation team to help our patients reach their highest level of functional independence and return home. For more information or to make a referral, please call (510) 727-2755.



Outpatient Rehabilitation Services



Outpatient rehabilitation services provide evidence-based treatments in physical therapy, occupational therapy, and speech and language pathology. Outpatient programs include rehabilitation for:

- Arthritis
- Balance dysfunction
- Dysphagia
- Hand and upper extremity disorders
- Lymphedema
- Musculoskeletal disorders
- Neurological conditions
- Occupational injuries
- Pulmonary conditions
- Soft tissue and spinal pain
- Stroke
- Wound care

Outpatient rehabilitation services are offered at our Outpatient Rehabilitation Facility in San Leandro and our Outpatient Rehabilitation Clinic in Castro Valley.





Aquatic Physical Therapy

Aquatic physical therapy is the practice of physical therapy in an aquatic environment, which enhances treatment for individuals with musculoskeletal, neuromuscular, cardiovascular/pulmonary disorders or conditions. Offered at the San Leandro facility. For more information or to make a referral, please call (510) 667-4538.

Hand Therapy Clinic

Since 1990, the Hand Therapy Clinic at Eden has provided specialized therapy for patients who have sustained trauma or received surgery to the hand or upper extremity. Certified hand therapists help patients regain function in the most complex musculoskeletal system of the body—the hands. The clinic is located in our San Leandro facility. Physician referral is required. For more information or to make a referral, please call (510) 667-4538.

Lymphedema Services

Manual lymphatic drainage and decongestive therapy are specialized treatments to reduce the swelling of arms and legs that can occur from abnormalities of the lymphatic system following surgery or cancer treatment. We provide treatments to reduce swelling, patient and family education, and a personalized home maintenance program. Certified lymphedema therapists have been providing this service at Eden Medical Center since 1999. Physician referral is required. Offered at the Outpatient Rehabilitation Clinic in Castro Valley. For more information or to make a referral, please call (510) 889-5064.

Pulmonary Rehabilitation

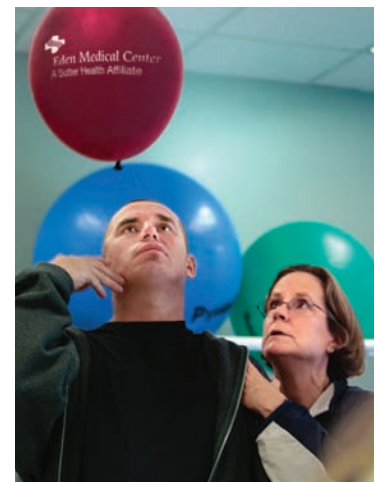
Pulmonary rehabilitation is a program of education and exercise classes that teaches patients about their lungs, how to exercise and do functional activities with less shortness of breath, and how to live better with their lung condition. Offered at the San Leandro facility. For more information or to make a referral, please call (510) 667-4538.

Swallow Therapy

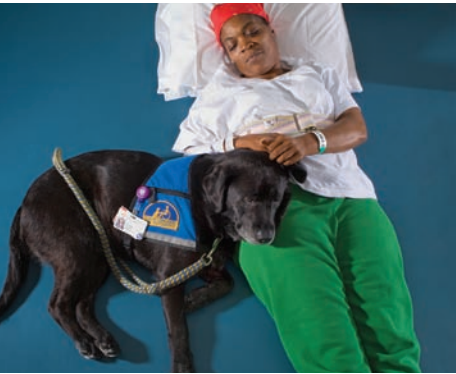
Specialty programs in the evaluation and treatment of swallow disorders is provided by licensed speech and language pathologists. Interventions are designed to reduce the risk of choking or aspiration by establishing safe eating and drinking practices. Physician referral is required. Offered at the Outpatient Rehabilitation Clinic in Castro Valley. For more information or to make a referral, please call (510) 889-5064.

Vestibular and Balance Rehabilitation

Specially-trained physical therapists offer a movement and exercise approach to decrease or eliminate dizziness and vertigo, improve balance and tolerance to motion, and to increase activity and reduce risk for falls. Physician referral is required. Offered at the Outpatient Rehabilitation Clinic in Castro Valley. For more information or to make a referral, please call (510) 889-5064.



Community Classes, Workshops, and Support Groups



Voice Therapy

Following a physician's diagnosis of a voice disorder, the patient may be referred to a licensed speech and language pathologist for a comprehensive treatment plan to improve the quality of the patient's voice. Physician referral is required. Offered at the Outpatient Rehabilitation Clinic in Castro Valley. For more information or to make a referral, please call (510) 889-5064.

Wound Care Clinic

Our team approach is designed to provide the best care for a chronic wound, whether it is a result of trauma, venous insufficiency, or medical condition. Treatment is provided by an experienced wound care nurse or physical therapist, in consultation with physicians and other health care professionals as needed. Hyperbaric oxygenation therapy is also available. Physician referral is required. Offered at the Outpatient Rehabilitation Clinic in Castro Valley. For more information or to make a referral, please call (510) 889-5064.

Community Classes, Workshops, and Support Groups

Aquatic Exercise Programs

Community classes for people with back pain, limited strength or mobility, and arthritis are held in our full-sized, heated therapeutic pool. Participants are screened by our physical therapy staff prior to the beginning class. Classes include aquatic aerobics, water ease toning, and arthritis exercises. The pool is located at our San Leandro facility. To learn more, call (510) 667-4538. No referral necessary.

Beginning Pilates Mat Class

Our emphasis is on the essentials of level exercise, breathing, and verbal and visual cuing to safely improve posture, flexibility, coordination, balance and strength. Appropriate for former physical therapy patients in need of supervision during exercise. Class instruction by Pilates-trained physical therapist. Offered at Eden Campus in Castro Valley. Call (510) 889-5064 for more information.

Back to Health

This class is essential for everyone. Learn what causes pain and fatigue and how to prevent it, as well as the principles of lifting that can be applied to all lifts at work and at home. Physician

clearance for stretching is required. For more information, please call (510) 889-5064.

EdenFit

EdenFit is a supervised fitness program ideal for those who have just completed physical or occupational therapy, cardiac or pulmonary rehabilitation, and for those with a health condition such as cardiovascular disease, obesity, high blood pressure, or diabetes. It's for those who want a personal plan of exercise to address specific health concerns. A physician clearance is required before beginning this exercise program. Located at the Eden Campus in Castro Valley. Call (510) 889-5061 for additional information.

Ergonomic Sitting Class

Myth: we all know how to sit in a chair. This myth-busting class teaches proper workstation sitting posture, how to reduce the risk for repetitive strain and cumulative trauma, and setting up an ergonomically correct workstation. These tools can be applied to work and home. For more information, please call (510) 889-5064.

Lymphedema Informational Class

Lymphedema is an accumulation of lymphatic fluid usually in the arms or legs when the lymph system has been damaged or is not functioning properly. This monthly class provides information to individual sufferers, caregivers, and the community concerning identification, prevention, treatment and the long-term management of lymphedema. For more information, please call (510) 889-5064.

Lymphedema Exercise Class

Based on the nationally-recognized Lebed Focus on Healing exercise program, these classes are an important part of a lymphedema management program. The class is designed to help restore flexibility, decrease pain and fatigue, and increase lymph flow. Please call (510) 889-5064 for class times and location.

Stroke Support Group

Support and education play important roles in the ability of our stroke patients and their families to understand and cope with the challenges they face. These monthly meetings are facilitated by our therapy staff and offer a safe environment for participants to share information and support. For more information, please call (510) 889-5064.



