For more information about Inspira Rehab Care or for a patient evaluation, please contact any one of our facilities:

**Inspira Rehab Care Bridgeton Health Center**  
333 Irving Avenue  
Bridgeton, NJ 08302  
(856) 575-4585

**Inspira Rehab Care Elmer**  
445 W Front Street  
Elmer, NJ 08318  
(856) 521-0175

**Inspira Rehab Care Vineland & Inspira Kids Rehab Care**  
Inspira Vineland Health Center  
1038 E Chestnut Avenue  
Vineland, NJ 08360  
(856) 507-8585  
Audiology: (856) 507-7879

**Inspira Sports Rehab Care Vineland**  
1430 West Sherman Avenue  
Vineland, NJ 08360  
(856) 641-7875

**Inspira Sports Rehab Care Tomlin Station**  
201 Tomlin Station Road, Suite D  
Mullica Hill, NJ 08062  
(856) 241-2533

www.InspiraHealthNetwork.org  
1-800-INSPIRA

©2013 Inspira Health Network

IHN-3004
Common Orthopedic and Neurologic Conditions that can benefit from our program include:

- Low back pain, sprain or strain
- Herniated discs
- Scoliosis
- Whiplash
- Joint replacement
- Plantar fascitis
- ACL tear/repair
- Bursitis
- Rotator cuff tear
- Ankle sprain/strain
- Fractures
- Stroke
- Knee strain / sprain

In addition to standardized methods, Inspira Rehab Care utilizes Nintendo Wii® as an adjunct to current and traditional therapies. Our therapists find it enhances the patient experience while creating a fun atmosphere.

Your treatment plan will be individualized based on physician's orders. Once the treatment plan is developed, regular updates and progress reports will be provided to your physician.

About Inspira Rehab Care

Our goal at Inspira Rehab Care is to provide quality care to our customers in a comfortable setting so they achieve their highest level of function possible.

Inspira Rehab Care offers specialized programs that are created to service a wide range of diagnoses.

We offer multiple locations and select evening hours to provide our patients convenience that fits their lifestyle.

Physical Therapy / Sports Medicine Therapy

Whether recovering from an injury, motor vehicle accident, surgery, work related injury or chronic condition, Inspira Rehab Care will work to help you achieve your highest level of functioning possible.
**Inspira Rehab Care Occupational and Hand Therapy**

At Inspira Rehab Care, our Occupational and Certified Hand Therapists will use therapeutic techniques as well as functional tasks to have patients achieve their maximum potential following injury or surgery.

Inspira Rehab Care’s Certified Hand and Occupational Therapists have special training in treating patients with a variety of injuries.

Our Occupational Therapy offers personalized rehabilitation programs to assist patients with:

- Hand and wrist injuries and fractures
- Finger fractures
- Joint injuries
- Sports injuries
- Tendonitis and arthritis of the hand, wrist and elbow
- Nerve injuries and surgeries, hand re-plantations
- Carpal tunnel syndrome
- Trigger finger
- Work related injuries
- Stroke
- Activities of Daily Living (ADL’s)

Our therapist will determine the best plan of care based on the physician’s orders and the patient’s physical and functional needs. The Occupational Therapist will then use some of the following to achieve the therapy goals:

- Range of motion exercises
- Manual therapy techniques
- Strengthening exercises
- Custom splint fabrication
- Fracture bracing
- Function based activities (patient specific)
- Physical agent modalities (heat, cold, etc.)
- Job or sport simulation
- Scar management
- Home program
- Any modifications necessary for activities of daily living

**LifeSpine Program**

Inspira Rehab Care uses the LifeSpine program to treat many spine and back related diagnoses. The customized program is evidence-based and standardized throughout all of our locations. The LifeSpine program maximizes individual physical activity and function, minimizes discomfort and allows for measurable improvements.

Degenerative disc disease, sports or work injuries, poor posture and back pain or strain patients are good candidates for this program. Treatment option may include:

- Strategies to decrease pain
- Flexibility and stretching
- Strengthening exercises
- Spine stabilization
- Soft tissue and joint mobilization
- Biofeedback
- Movement and positioning strategies
- Aerobic/cardiovascular conditioning

This program is available at all locations.
**Inspiria Kids Rehab Care**

Inspiria Kids Rehab Care offers specialized pediatric therapy facilities designed especially for our young population. Our facility includes a sensory dark room, equipment for vestibular and gross motor skills, as well as programs for sensory integration issues and feeding/swallowing challenges.

Our Inspiria Kids Rehab Care staff consists of physical, occupational and pediatric speech therapists and audiologists that specialize in the treatment of infants and children of all ages with orthopedic, developmental and neurological diagnoses, including:

- Developmental delay
- Brachial plexus
- Cerebral palsy
- Spina bifida
- Traumatic brain injury
- Torticollis
- Juvenile rheumatoid arthritis
- Downs syndrome

Play is incorporated into most pediatric treatments. It is our most important tool — maintaining the interest of your child while we work together toward your child’s therapeutic goals. Inspiria Kids Rehab Care incorporates the use of Nintendo Wii® as an added therapeutic technique in addition to other treatments.

Our Inspiria Kids Rehab Care facility is located at Inspiria Health Center Vineland at 1038 E. Chestnut Avenue, Suite 260, Vineland, NJ 08360. Please call (856) 507-8585 for more information.

**Employer Education Services and Industrial Rehab Program**

Inspiria Rehab Care offers a number of programs to educate employees about safe work practices. In the event of an injury, Inspiria Rehab Care offers physical and occupational therapy services to help individuals achieve their highest level of functioning possible.

**Services**

- Post-injury, full service physical and occupational therapy
- Functional Capacity Evaluations (FCE)
- Pre-Work Screens (PWS)
- Educational Programs

**Educational Programs / Lunch and Learn Sessions**

**Injury prevention**

- Repetitive motion injury
- Proper body mechanics at the work site
- Stretching and home exercise
- Back safety techniques and postural awareness

**Benefits**

- Reduced potential for on-the-job injuries
- Improved employee awareness and prevention of injury or re-injury
- Decreased time away from work
- Decreased workers’ compensation costs.

For more information please call (856) 641-7875.
• **LifeSpine Program** – For patients that experience back and spine issues, this evidence-based protocol helps to correct movement patterns that may chronically irritate a condition. Once improved, patients receive education on ways to perform daily activities and reduce risk of injury or discomfort.

### Vestibular Program

Through our Inspira Rehab Care Vestibular Program, physical therapists with advanced specialized training provide treatment to alleviate symptoms and improve function related to dizziness, vertigo and balance disorders. Common patient conditions include:

- Head trauma/whiplash
- Stroke
- Post-op brain tumor or inner ear surgery
- Disease or inflammation of the inner ear
- Dizziness or imbalance
- Lightheadedness, nausea, disorientation
- Motion intolerance

This program is available at select locations. Please call the location nearest you for more information.

### Women’s Health

Women have special health needs. That’s why Inspira Rehab Care has developed programs that specifically target the needs of women. Our programs allow our female patients to take a more active role in managing their health while minimizing the potential need for medications. Specialized programs include:

- **Urinary Incontinence Program** – as a complement to standard gynecologic and urogynecologic care, our OAB therapy focuses on strengthening the pelvic floor muscles with Kegel exercises and biofeedback, resulting in noticeable improvements in just a few weeks.

- **Osteoporosis Program** – Our customized osteoporosis therapy utilizes postural corrections, activity modification and specific weight bearing exercise programs to minimize the risk of fractures.

- **Edema/Lymphedema Program** – Our certified lymphedema therapists provide a comprehensive evaluation and treatment plan, utilizing manual lymphatic drainage technique, multi-layered bandaging, compression, education and home exercise to protect and maintain function of affected limbs.
Audiology & Speech Language Pathology

Brain injury, stroke, mouth cancer, swallowing and neurological disorders, audiological and speech impairments may leave some patients with significant deficits in their ability to speak and communicate effectively.

Inspira Rehab Care has licensed speech pathologists and audiologists that are specially trained and experienced to improve speech function and communication skills in adults and children.

Inspira Rehab Care treats patients with the following conditions:

- Speech and sound articulation dysfunction
- Chewing and swallowing problems
- Oral/motor issues
- Oral cancer
- Throat cancer
- Vocal nodules, polyps
- Dysphagia
- Middle ear dysfunction
- Tinnitus
- Central auditory processing problems

The Speech Language Pathology department incorporates the use of VitalStim® technique for its patients. VitalStim® therapy is a safe and effective treatment for patients suffering with difficulty swallowing or dysphagia. It was developed in response to the 15 million Americans living with dysphagia today.

Inspira Rehab Care’s Audiology and Speech Language Pathology departments work closely with area employers for hearing conservation efforts and audiologic baseline testing studies, as well as local school systems for enhanced one-to-one therapy not offered in the classroom setting.

This program is available at select locations. Please call the location nearest you for more information.

Your First Visit

- Please bring your physicians prescription for therapy, your insurance card(s) and a list of your prescribed medications.

- Please dress in a manner that will provide you comfort during your evaluation. Example, if you are being seen for a knee injury, please bring a pair of shorts, sweat pants, etc. Appropriate t-shirts and sweat pants provide comfortable attire for your first visit.

- Please arrive 10-15 minutes before your scheduled appointment to fill out required paperwork. To complete the required forms prior to your first visit, please visit www.InspiraHealthNetwork.org; under the Services Tab, highlight Hospital Services, then click Rehabilitation Services. The link to our Medical History Form is at the bottom of the main page.

- If you have any questions or need to change an appointment, please contact your nearest Rehab Care facility. We look forward to meeting and exceeding your expectations!