



## The power to regain your strength and independence anywhere you choose

**After an illness, injury or hospitalization, regain your strength and independence in your most comfortable and functional environment—at home.**

Vitality to You offers physical, occupational, and speech therapy services. We will help you reach your maximum level of safety and independence wherever you are.





Our services may be covered by Medicare Part B and many private insurance plans if services are medically necessary and otherwise meet coverage criteria.

Instead of traveling to a clinic, let our licensed and credentialed therapists come to you.

#### **Find your strength with physical therapy**

Our physical therapists help you to regain your strength and balance, prevent falls, increase range of motion, and decrease pain. Through therapeutic exercise programs, you can increase your strength, muscle function, coordination, endurance, and mobility. This is especially important after a fall, injury, or surgery.

#### **Do what you love with occupational therapy**

Our occupational therapists help you safely and independently perform activities of daily living, including cooking, bathing and dressing. Using a wide range of interventions, our therapists adapt tasks and modify the environment to enhance each patient's ability to function in their physical and social environment. They provide sensori-motor treatments for strength, endurance, range of motion, coordination and balance, as well as therapeutic activities for memory, orientation, cognitive integration and daily life skills.

#### **Enhance communication and swallow safely with speech therapy**

Our speech language pathologists design treatment plans to address communication problems, memory loss, and swallowing dysfunction. These treatment plans can focus on comprehension skills for written and verbal communication as well as cognitive status, which may include memory, orientation, and reasoning skills. For patients with swallowing disorders, speech language pathologists also work to address oral muscle strength and function for speaking and for safe eating and drinking.

To learn more, visit our website at:  
<http://www.genesisrehab.com/vitalityathome.aspx>