



Strengthening

Our advanced weight pulley system isolates muscle groups to help patients at various levels of recovery strengthen their muscles and improve their range of motion. It also teaches muscles to work together in a coordinated manner to improve functional activity.

Strengthening rehabilitation may benefit in the treatment of underlying problems related to:

- Joint replacement and other orthopedic conditions
- COPD
- Muscle weakness
- Poor balance or coordination
- Loss of flexibility
- Difficulty sitting or standing
- Decreased motor control

By:

- Neuromuscular re-education
- Improving upper and lower body strength, endurance and range of motion
- Providing functional activities with resistance that helps patients perform valued activities of daily living (ADLs)

We offer:

- Complex medical care
- Intensive rehabilitation
- Skilled nursing

To find the center nearest you, log onto:

www.heartland-manorcare.com

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Step
Closer

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