



VERNON MANOR

Health Care & Rehabilitation

How Our New Rehabilitation and Occupational Therapy Gym Speeds Successful Recoveries

In choosing a post-hospital rehabilitation program after a surgery, illness or injury, you want every possible advantage to achieve a full and speedy recovery and a return to the lifestyle that brings enjoyment, meaning and purpose to your life. One of the latest features of our **Recover Right** post hospital rehabilitation program is the **New Rehabilitation and Occupational Therapy Gym**, which was designed to accommodate and enhance the latest in best practice rehabilitation therapies.

If your rehabilitation includes [physical and/or occupational therapy](#), this specialized facility at Vernon Manor elevates the [quality of rehabilitation therapy – and outcomes](#) – to new levels. A spacious and modern facility, it is specifically designed to support both physical therapy and occupational therapy exercise regimens designed by our therapy team.

Key features and advantages include:

- New, occupational therapy kitchen
- New, state-of-the-art therapy equipment, including:
 - Omnicycle™
 - Pro Gym
 - Pro Gym Cross Trainer with Hand Bike
 - Hudson® Motorized Upper Body Ergonomics Table
 - Wellness Supply Upper Body Ergonomics
- Specialized rubber-backed flooring provides comfort and noise reductions while minimizing the risk of injuries associated with falls.

Where you choose to go for your rehabilitation *can* make a major difference in the results of your recovery. At Vernon Manor, you'll find beautifully appointed surroundings, [experienced and compassionate professionals](#), [the latest in technology](#), patient-choice dining and a new rehabilitation gym – all of which contribute to our documented record of exceptional outcomes.



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Experience State-of-the-Art Post-Hospital Rehabilitation and Long-Term Care at Its Best

Located in Vernon, CT, **Vernon Manor** has proudly served the communities of Hartford and Tolland Counties for nearly 40 years, earning a highly respected reputation for delivering [outstanding quality care, successful outcomes and exceptional service](#) for our patients, residents and their families. We provide a proven [rehabilitation program](#) to enable patients to continue on their path to recovery as well as compassionate [long-term care](#) for loved ones who require 24-hour nursing support.

Rebuild. Recover. Renew.

Vernon Manor's Recover Right Post-Hospital Rehabilitation program provides you with all the support, expertise and encouragement you need to achieve a full recovery and a speedy return home.

For more information on **Recover Right** Post-Hospital Rehabilitation or long-term care – or to schedule an informative tour at your convenience – please contact **Karen V. Duhamel MSN, MS, RN** our **Director of Admissions** at **(860) 896-5113** or [contact us](#) online.