



## Post-Hospital Therapy Tips: Your Fast Track to a Successful Recovery

After a hospital stay resulting from illness, injury or surgery, many patients today benefit greatly from post-hospital therapy services. Therapy can aid your recovery in several ways, including:

- **Reducing your post-surgery pain** – Although moving after surgery can sometimes be uncomfortable, it is very important to stretch your muscles and get moving again. This has proven to enhance your recovery process. The longer you remain in bed, the worse it can be for your condition.
- **Improving your function, mobility and independence** – Spending time in a hospital bed often causes your muscles to atrophy and weaken. Therapy helps to build your muscles back up so you can regain your normal range of mobility, functioning and physical independence.
- **Shortening your recovery time** – Therapy has proven effective in reducing your overall time of recovery and enabling you to return to your normal daily activities sooner.
- **Relearning important skills** – Individuals who have suffered a stroke or had a traumatic brain injury may have “deficits” in the form of some basic functions that were diminished or lost. Certified therapists specialize in creating rehabilitation plans that can help you to relearn lost abilities and regain important life skills.
- **Enjoying the support and involvement of your family** – When you recover in a post-hospital rehabilitation center, your family members are not only welcome, but also encouraged to participate in and support your rehabilitation and recovery.

### Discover Exceptional Care, Accommodations and Results

**Recover Right**, Vernon Manor’s state-of-the-art rehabilitation program, is the area’s most modern and advanced provider of complete therapy services. Offered in both our brand-new wings and [completely renovated rooms](#), **Recover Right** blends [best practices and advanced technology](#) with hotel-quality comforts [and superior patient results](#).

To provide the [best possible care](#) in meeting a variety of patient conditions and recovery needs, Vernon Manor offers recovery-driven rehabilitative services in:

- Orthopedic & Joint Care
- Pulmonary Care
- Stroke Rehabilitation
- Cardiac Rehabilitation
- Respiratory Care
- Post-Surgical Recovery
- Wound Care



## Experience State-of-the-Art Post-Hospital Care and Rehabilitation 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. Consistently top-rated by the nation's leading quality assessment organizations, Vernon Manor provides the area's best and most advanced Post-Hospital [rehabilitation program](#) to enable patients to continue on their path to recovery. For loved ones who require 24-hour nursing support, compassionate [long-term care](#) is also available.

### Rebuild. Recover. Renew.

Where you choose to recover after a hospital stay can make all the difference in your recovery. Vernon Manor's **Recover Right** Post-Hospital Rehabilitation Program blends beautifully appointed surroundings, hotel-style amenities, a team of caring, [experienced and compassionate professionals](#) and [the latest in technology](#) to provide individuals with a variety of conditions and needs with the finest in care, comfort and measurable results.

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**.