



How can you get help?

You should speak to your doctor, your Home Bound Healthcare visiting nurse or therapist, or call your nearest **Home Bound Healthcare** office for more information about enrolling in this program.



1615 Vollmer Road **Flossmoor** IL 60422
Toll Free (800) 444-7028
Tel (708) 798-0800 • Fax (708) 798-0870

450 N Kennedy Drive Suite 6 **Kankakee** IL 60901
Toll Free (800) 444-7028
Tel (815) 929-0800 • Fax (815) 929-0801

3401 16th Street **Moline** IL 61265
Toll Free (866) 541-0900
Tel (309) 762-7900 • Fax (309) 762-6909

2322 W Willow Knolls Road **Peoria** IL 61614
Toll Free (866) 725-0888
Tel (309) 589-0888 • Fax (309) 589-0889

4231 Progress Blvd Suite 3 **Peru** IL 61354
Toll Free (877) 220-8808
Tel (815) 220-8808 • Fax (815) 220-8828

421 S Grand Ave W Suite 2B **Springfield** IL 62704
Toll Free (877) 753-2210
Tel (217) 753-2260 • Fax (217) 753-2270

1625 Bethany Road **Sycamore** IL 60178
Toll Free (877) 895-9898
Tel (815) 895-9898 • Fax (815) 895-3232

1808 Mulberry Avenue **Muscatine** IA 52761
Toll Free (866) 541-0900
Tel (563) 263-5411 • Fax (563) 263-5694



Stroke Recovery

CVA Rehabilitation

Choosing the
right
rehabilitation
program
is an
important
part of
RECOVERY



HomeBoundHealth.com

Caring For Your Health Needs In The Comfort Of Your Home



What do we know about stroke recovery?

Stroke is the leading cause of adult disability in America, with 4 million survivors unable to return to their previous lifestyle and level of independence. The devastating impact of stroke on survivors and their families has intensified research to improve medical treatment and rehabilitation techniques for a more rapid and complete recovery from stroke. Ideally rehabilitation should begin immediately after a stroke and provide intense physical and mental exercise and training.

What treatments work?

The last decade has seen rapid progress in the treatment and rehabilitation of stroke patients. Our program uses advanced rehabilitation techniques that increase strength and mobility for optimal functional recovery after a stroke.

Who should try our program?

You or a loved one should try our program if you or they have had a stroke and still have:

- ▶ Weakness or loss of feeling on one side of the body
- ▶ Dependency in self care
- ▶ Post stroke depression
- ▶ Post stroke shoulder pain
- ▶ Post stroke muscle tightness and joint stiffness
- ▶ An inability to walk, talk, or eat independently
- ▶ Difficulty with bowel or bladder function

Enroll in our program today. By working together, we can help improve your recovery from stroke.

What can you expect in our program?

Your personal health care team will work with you to meet your rehabilitation goals, while taking into consideration the type and severity of your stroke and other conditions that may affect your recovery. Your ability to stand up, walk, talk, and eat will also be assessed.

Exercises and Electrical Stimulation for improving strength and movement

Simple strengthening exercises alone or in combination with mild, comfortable electrical pulses can improve or restore strength and movement.

Ultrasound and Electromagnetic Energy for decreasing pain and joint stiffness

High frequency energy from electromagnetic and sound waves, comfortably decreases pain and loosens up tight joints.

Stroke Recovery