

Penn Highlands Healthcare Inpatient Rehabilitation Centers

Caring.
Restoring.
Advancing.

Acute Inpatient Rehabilitation Program

Welcome to Penn Highlands Healthcare Inpatient Rehabilitation

Thank you for choosing us to be your rehabilitation providers. We look forward to working with you. What you can expect during your stay is outlined below.

- You will be introduced to your rehabilitation care team. This specialized team includes medical physicians, rehab physicians, physical therapists, occupational therapists, speech therapists, case managers and nurses.
- Your physical, occupational and speech therapists will work closely together with you to establish goals specific to you.
- Any necessary equipment will be provided to use during your stay. This may include a wheelchair, walker, cane and or tools for dressing and bathing.
- Your case manager will meet with you and your family to discuss your goals and what you will need for your discharge.
- You will receive three hours per day of therapy Monday through Friday between 7:00 AM and 4:00 PM. You may be seen on the weekend; however, in general, weekends are reserved for rest and spending time with family or making up any missed sessions. If you have any questions regarding your admission, or what to expect about your rehab following admission, please contact the Penn Highlands DuBois Clinical Admissions Liaison at 814-375-3053 or Penn Highlands Mon Valley Coordinator at 724-258-1771.
- Your discharge will be carefully planned in advance and will include planning for medical equipment and or any continued services you will need.

You and your family will be an active part of your rehabilitation journey. You will help make progress towards your goals by participating in all therapy sessions to the best of your ability, completing any exercise programs assigned for you to do outside of therapy and voicing any needs or concerns to your care team.

If you have any questions regarding this next step in your recovery, please contact our Penn Highlands DuBois Clinical Admissions Liaison at 814-375-3053 or Penn Highlands Mon Valley Coordinator at 724-258-1771.