

## RESTORE Comprehensive Services

- **Physical Therapy evaluation** and treatment in the patient's home
- Individualized comprehensive **treatment plans**
- Intensive **rehabilitation services** for patients after hospital discharge
- Patient and caregiver **education** based on current best practices
- **Frequent communication** with the Physician and other disciplines
- **Support system** to assist the patient/family with transition to community living
- Home Health Aide to assist with **personal care**
- **Occupational Therapy** evaluation and treatment
- **Evaluation** of home environment and equipment needs
- **Pain management** by nurse specialist
- Management of **anti-coagulation therapy**
- Skilled nursing **assessment of surgical wound** and intervention, when indicated
- Assistance by a **Medical Social Worker** to access community resources

Medicare, Medicaid and most insurance plans are accepted.

Founded in 1901, VNS Westchester is the largest not-for-profit, independent Medicare-certified home healthcare agency in Westchester, also serving the Bronx, Dutchess, Putnam and Rockland. We help patients of all ages recover from illness or injury and manage chronic conditions at home. We provide the highest quality skilled nursing, rehabilitation, home health aides, social work and care coordination services. Specialty services include pain management and palliative care; wound and ostomy care; physical, occupational and speech therapy and joint rehabilitation services; dysphagia rehabilitation and Telehealth remote monitoring. VNSW is a CHAP-accredited agency (Community Health Accreditation Program), indicating that we exceed nationally recognized standards of excellence.



**For Patient Referrals or for more information:**

**Call 1-888-FOR-VNSW or  
914-682-1480, OPTION 2**

Fax: 914-682-1488 or go to **vns.org**



360 Mamaroneck Avenue  
White Plains, NY 10605  
**1-888-FOR-VNSW • 914-682-1480**

979 Route 22, Brewster, NY 10509  
**1-855-4-PUTNAM • 845-278-2550**

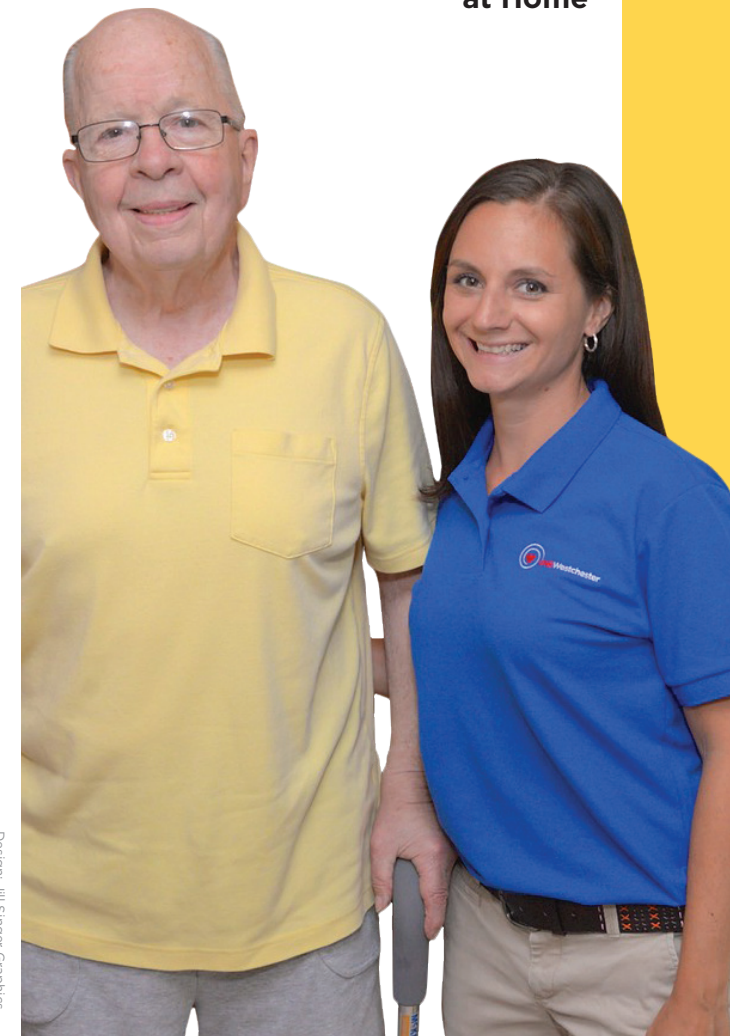


**1-800-305-WCAH**



# RESTORE

A PROGRAM FOR  
**Joint  
Replacement  
Therapy  
at Home**



Design: Jill Singer Graphics

# RESTORE : Rehabilitation and Education to Support Timely, Optimal Recovery Efforts

More than 1,000,000 Americans have total knee or hip surgery each year, and the demand for these procedures continues to grow. As a result of shorter inpatient stays both at hospitals and sub-acute rehabilitation facilities, homecare rehabilitation services are playing an increasingly important role.

**VNS Westchester provides a comprehensive rehabilitation approach in the treatment of Total Knee and Total Hip Replacements.**



Our program includes post-operative treatment following discharge from a hospital or sub-acute/rehabilitation facility. Our comprehensive plan of care encompasses the coordinated services of physical and occupational therapists, and skilled nursing, pain management, wound care, home health aide and social work services, as indicated. All clinical services are provided under the Physician's orders.

*"Thank you, VNS Westchester, for sending your wonderful physical therapist, Katie. We are healing well due to her care and help. My husband and I are very pleased with your services. Please continue the great work!"*

TOM & HELEN MORGAN, YORKTOWN HEIGHTS

## Your Goals are Our Goals:

- Improve ambulation with goals toward independence
- Maximize range of motion
- Provide pain management
- Instruct patient/caregiver to ensure a safe home environment
- Enhance ability to become independent for Activities of Daily Living
- Prevent post-operative complications in the home

**Our skilled physical and occupational therapists will help restore your range of motion, independence and mobility – and your confidence – while ensuring your safety and minimizing discomfort.**

**Our services can restore patients to their highest possible level of physical function.** Services can be provided up to five times per week, within 24 hours of discharge (including weekends) from an in-patient facility.

We assist people of all ages with in-home joint replacement rehabilitation services in Westchester, the Bronx, Dutchess, Putnam and Rockland counties.

