

ON-SITE WELLNESS

We understand the importance of open communication and value the opportunity to connect with you.

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Independence starts at home. Prospera Rehab brings personalized therapy right to your doorstep. With comprehensive physical, occupational, and speech therapy available on-site, we help Assisted Living residents regain their strength, mobility, and communication skills. Our experienced therapists customize care plans to meet each individual's goals. We welcome a wide range of insurance plans, including Medicare, and our shared objective is to help you maintain or regain your independence, ensuring that you can continue living safely in your present home for as long as possible.



BRINGING REHABILITATION TO YOU
**REDISCOVER YOUR
INDEPENDENCE**
RESTORE YOUR STRENGTH

- Physical Therapy
- Occupational Therapy
- Speech Therapy

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PHYSICAL THERAPY

The goal of physical therapy is to reduce pain, improve mobility, and restore your body's functional abilities, without medication or surgery.

• Training

- in mobility, gait stability, posture, and positioning
- Improve balance to reduce the risk of falls

• Exercise Programs

- to increase muscle function, coordination, and endurance
- Increase and improve strength, mobility and function

• Joint and Tissue Mobilization

- to increase range of motion
- Pain Management
- Transfer assist

OCCUPATIONAL THERAPY

Occupational Therapy incorporates valued daily activities into the rehabilitation process and enable you to participate again in the occupations that are part of your daily life.

• Activities of Daily Living

- Feeding and Eating, Oral Hygiene
- Dressing
- Functional Communication with others
- Functional mobility in your home and community and many more

• Work and Productive Activities

- Home activities such as cleaning and other chores
- meal preparation / clean-up
- household maintenance, etc

• Play or Leisure Activities

- Exploration and Performance

AS WE EXPAND OUR THERAPY TEAMS,
WE ARE ADDING TO OUR SPECIALTY
PROGRAMS BUT NOT LIMITED TO...

PARKINSON'S CARE
CARDIO PULMONARY
MEMORY CARE



SPEECH THERAPY

Speech-language pathologists (SLPs) work to prevent, assess, diagnose, and treat speech, language, social communication, cognitive-communication, and swallowing disorders

• Swallowing Therapy (Dysphagia)

- Complaints of pain when swallowing
- Coughing while eating or drinking
- Drooling & poor oral management
- and many more

• Speech & Language Therapy

- Difficulty naming objects
- Slurred or garbled speech
- Difficulty following directions, etc

• Cognitive-Communication Therapy

- Impaired attention & memory
- Reduced problem solving & safety awareness
- Limited awareness to deficits
- and more...

