



**National Jewish
Health[®]**

Science Transforming Life[®]

REHABILITATION SERVICES



**Rehabilitation
Patient Education and
Fitness Programs**

Rehabilitation Services at National Jewish Health

Rehabilitation Helps You to Relearn, Restore and Return

At National Jewish Health, the quality of your life is important to us. Rehabilitation Services can help you relearn what illness or injury has taken away. You can restore your abilities and return to your activities.

Improving Your Quality of Life

The J. Leonard & Myra Levy Family Rehabilitation Department at National Jewish Health offers comprehensive services. We have the expertise and experience to treat patients of all ages and their illnesses and injuries.

Our goal is to restore you to healthy movement. We also provide you with the tools needed to maintain your independence. We use treatments that are clinically proven and research-based. These treatments can help you improve your fitness, function and overall quality of life.

You will see results.

**For referral or appointment
Call 303.398.1490**

Evaluation and Rehabilitation Services

- Aquatic therapy (one-on-one)
- Fitness center
- Massage therapy
- Personal training
- Physical therapy and occupational therapy
 - Orthopedics, post-operative rehabilitation, ergonomic assessment, vestibular evaluation and treatment, lymphedema management, peripheral neuropathy evaluation and treatment, intramuscular manual therapy (trigger point dry needling), neurological injury
- Pulmonary rehabilitation
- Recreational therapy
- Speech language pathology
 - Paradoxical vocal fold motion (vocal cord dysfunction)
 - Voice disorder therapy
 - Credentialed Lee Silverman Voice Therapy specialists
 - Lessac Madsen Resonant Voice Therapy (LMRVT)
 - Videostroboscopy and fiberoptic endoscopic evaluation of swallowing
 - Modified barium swallow studies
 - Voice articulation



Our 92° pool is perfect for water exercise.

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Patient Education

We offer classes and one-on-one education. We help patients learn new ways of doing tasks, relearn skills and regain strength.

- Address safety issues
- Adjust conditions in their home environment
- Perform tasks with confidence

Highly Qualified Experts

Our staff members have extensive backgrounds, specialties and experience.

- Certified exercise trainers
- Certified kinesiotape practitioners
- Exercise physiologists
- Massage therapist
- Occupational therapists
- Physical therapists
 - Credentialed intramuscular manual (dry needling) therapists
- Recreational therapists
- Speech language pathologists
- YMCA & Arthritis Foundation-certified aquatic instructors

Benefits for You

Come to your therapy sessions and see change. We empower you to practice:

- Self-monitoring and self-care of symptoms associated with illness or injury
- Pursue lifestyle changes to improve quality of life

Benefits for Your Personal Doctor

Results and communication. You will see improvement, and your doctor will receive timely communications about your treatment plan and progress. Your doctor may call us anytime.



Patient education regarding anatomy.



Comprehensive rehabilitation services for adults and children.



Trigger point dry needling.

Kal & Joyce Zeff Family Center for Fitness at National Jewish Health

Fitness Programs – All Levels and Abilities

Exercise is medicine! Regular exercise helps improve your overall fitness. We offer one-on-one personal training and a variety of classes to meet all levels of fitness, ability and interests. Our knowledgeable and caring staff can help you learn how to stay active and improve your fitness.

If you are afraid that exercise will increase or cause symptoms of a health condition, you're not alone. We can show you how simple movements can add strength to your heart and muscles and improve the quality of your life.

Fitness Center Highlights:

- Meets fitness needs of people with health issues
- Provides exercise with medical supervision
- Creates a safe environment for avoiding injury
- Offers a no-pressure approach to exercise
- Provides access to one-on-one personal training with a physical therapist at reasonable rates
- Classes are competitively priced but unequalled in quality
- Classes are planned and lead by physical therapists (PTs)
- PTs have advanced training in movement, anatomy, kinesiology, physiology, and injury treatment and prevention
- PTs address physical issues during class and adjust your workout as needed to prevent injury and reduce pain

Ample free & valet parking

Monday-Friday 7:30 a.m. to 11:30 a.m. and 1 p.m. to 6 p.m.
Expanded hours may be available. Call for details.

State-of-the-Art Equipment

Exercise equipment at National Jewish Health is the best available. It is designed to meet the special needs of all ages and exercise abilities.

- Top-of-the-line endurance and isotonic free weight equipment
- Functional training provided through Technogym's Kinesis® equipment for combined core, balance, strength, and cardio training in one session
- NuStep® elliptical trainers and Cardiowaves
- Treadmills and bicycle ergometers
- Pilates equipment
- Therapeutic 92° pool is equipped with free oxygen

Classes To Help Increase or Improve

- Stamina and mobility
- Muscle tone and strength
- Circulation to your heart and lungs
- Flexibility and coordination
- Joint movements
- Stress management
- Self image

Call us today to get started! We will send you a physician authorization form. Have your doctor complete it and fax it to us or bring it with you. Please plan to arrive 20 minutes before your class or personal training session.

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Kinesis Fitness Classes — Call for Schedule and Class Rates

Kinesis is a multi-station cable system designed to offer flexibility of movement unseen in other fitness equipment. It improves core stability, balance, strength and cardio endurance training at the same time. It is a complete fitness experience tailored to your personal goals.

Pool Exercise Classes

National Jewish Health has one of the largest warm water pools in Denver. Our therapeutic pool is 92° and has a graduated entry. Oxygen is available free for patient use while exercising.

Arthritis Foundation/YMCA Aquatic Plus Program — Shallow Water Class

A great class if you have arthritis, lung problems, muscular weakness or pain, or are a non-swimmer. Participants are led through a series of exercises to improve joint flexibility with the aid of the water's buoyancy and resistance.

Aquacize Class — Deep Water Class

This is a deep-water cardiovascular conditioning workout. We focus on flexibility and toning with an aerobic component. Non-swimmers are welcome, but must be comfortable in deep water using flotation devices.

Water Works Back Class — Back/Shallow Water Class

A fun workout that focuses on maintaining trunk stabilization and core strengthening while achieving an effective cardiopulmonary session.

Pool Class Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---------------------------|---------------------------|---------------------------|---------------------------|------------------|
| 7 a.m. | Back/ Shallow Water | Back/ Shallow Water | Back/ Shallow Water | Back/ Shallow Water | |
| 11 a.m. | Deep Water | | Deep Water | | Deep Water |
| 11:15 a.m. | Shallow Water | | Shallow Water | | Shallow Water |
| 1 p.m. | | Shallow Water | | Shallow Water | |
| 1:30 p.m. | | Deep Water | | Deep Water | |
| 5:15 p.m. | Shallow Water | Shallow Water | Shallow Water | Shallow Water | |
| 5:30 p.m. | Deep Water | Deep Water | Deep Water | Deep Water | |

Pool is ADA compliant.



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Why National Jewish Health?

As the leading respiratory hospital in the nation, rehabilitation has been an important part of our treatment.

Medical Team

Rehabilitation Services at National Jewish Health are a part of the medical team of specialists who care for every aspect of our patients' needs. Each patient is treated as if they are our only patient. This team includes physicians, nurses, behavioral health providers, nutritionists, rehabilitation specialists, exercise specialists, educators and many other providers.

Whole Person Treatment

Each care team develops an individualized plan for the diagnosis, treatment and education that addresses each patient's needs — emotional, nutritional, rehabilitative and disease-management issues, as well as extensive patient and family education. Our comprehensive, customized health plans and education successfully treat patients and teach them to manage and live with illness.

Where other hospitals just treat a disease, we have found treating the whole person makes the difference.





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The leading respiratory hospital in the nation



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njhealth.org