

Our goal is to ensure a **highly successful recovery in the shortest possible time** and for our clients to experience a smooth transition from our therapy programs to their home.

我們的目標是確保病人在短期內獲得高質量的康復治療，通過我們的康復治療後順利回到家中。

- We welcome new residents seven days per week, and work closely with families, physicians and hospital staff to carefully evaluate each person's needs and make admission to South Cove Manor at Quincy Point seamless and stress-free.
我們每週七天接受新住院病人，我們與病人家人，主治醫師和醫院工作人員緊密合作，仔細評估每位病人需求，確保病人入住中華頤養院康復中心的過程順利和無壓力。
- South Cove Manor at Quincy Point accepts Medicare and other insurance plans.
我們接受政府醫保及其他保險計劃。

For information on admissions
please contact:

有關入院資訊，請聯繫

Director of Admissions 入院部主管

Phone 電話: (617) 423-0590

Cell phone 手機: (617) 939-7197

Fax 傳真: (617) 237-3021



South Cove Manor at Quincy Point
Rehabilitation Center

中華頤養院康復中心

288 Washington Street, Quincy, MA 02169

www.southcovemanor.org

South Cove Manor at Quincy Point

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REHABILITATION SERVICES

康復服務



After a serious illness, surgery or hospitalization, intensive short-term rehabilitation may be needed to ensure a successful recovery. **South Cove Manor at Quincy Point** is New England's premier rehabilitation Center with a special focus on providing the highest quality of care to the community in our new state-of-the-art facilities. Our multi-lingual staff provides comprehensive rehabilitation services with a goal of helping each person return home.

在重病，手術，或住院治療後，病人可能需要接受短期強化康復治療，以確保順利康復。中華頤養院康復中心是紐英崙地區首屈一指的康復治療中心，我們的優勢是使用最先進的設備提供最佳的康復服務。我們多文化的工作人員致力於為每位患者提供全面的康復治療，目標是幫助他們返回家中。

REHABILITATION SERVICES

Rehabilitation is the process of helping an individual achieve the highest level of independence and quality of life possible, by managing pain, restoring function, strength, mobility and wellness. After an individualized assessment, unique treatment plans are devised by each discipline to reach a patient's goals. Our spacious new rehabilitation gym features the latest therapy equipment and a simulated home setting designed for maximum efficacy in treatment.

通過康復訓練幫助病人疼痛管理，恢復體能、力量和活動能力，協助病人獲得盡獨立生活和自理能力。在進行病情評估後，為患者制定適合的治療計劃。我們嶄新的康復健身房配備了最新的治療器械，並模仿家庭環境，目的是為了讓病人儘早恢復。

Physical Therapy 物理療法

Our physical therapists work to keep you moving safely and more independently. Services include: 我們的物理治療師幫助您恢復安全獨立行走的能力。服務包括：

- Therapeutic exercises for strength, flexibility and range of motion 力量、靈活性和運動的恢復治療
- Fall prevention and recovery 預防跌倒
- Functional mobility including gait, balance and wheelchair propulsion 行動能力恢復，包括靈活性、平衡和使用輪椅
- Energy conservation training 保持體能訓練
- Pain and edema management 疼痛和浮腫控制
- Assistive devices to increase independence and function 使用輔助設備增強獨立性和身體功能
- Balance retraining 平衡訓練
- Cardiovascular and cardiopulmonary rehabilitation 心血管訓練
- Vestibular rehab 前庭恢復
- Full compliment of OT and PT modality treatment including diathermy, ultrasound, and electrical stimulation 完整OT和PT治療，包括電療，超聲波和電刺激

Occupational Therapy 職業療法

Our occupational therapists focus on increasing independent function in daily living skills. Services include:

我們的職業治療師主要針對恢復病人獨立生活能力，服務包括：

- Teaching strategies to regain independence and promote safety 重新恢復安全和獨立的生活能力
- Gross and fine motor muscular re-education 肌肉訓練
- Therapeutic exercises 運動治療
- Splinting and orthotic assessment and contracture management 夾板和矯正評估以及控制治療
- Adaptive equipment recommendations & training 適應性裝置建議和培訓
- Seating and positioning recommendations 座椅定位建議
- Edema control for upper extremities 上肢浮腫控制
- Home evaluations and home management 家庭評估和家庭管理

Speech Therapy 語言療法

Speech-language pathologists focus on improving communication and swallowing skills. Specialty areas include:

語言病學家主要針對改善交流和吞嚥技能。專科包括：

- Dysphagia evaluation and treatment 吞嚥困難評估和治療
- Oral-motor strengthening 增強口腔運動
- Strategies for living with dementia 腦退化症病人的生活策略
- Augmentative and alternative communication training and strategies 輔助和替代性溝通培訓和策略
- Cognitive retraining 認知培訓

