



### A Full-Service Rehabilitation Center Focused on Results

#### Why Rehabilitation at National Jewish Health®?

Rehabilitation can reverse many disabling conditions and can help patients cope with deficits that can't be reversed by medical care.

For over 100 years, rehabilitation has been an integral part of our "whole-person" multispecialty treatment approach. We go beyond clinical care to help patients achieve and maintain a maximum level of functioning and independence while improving illness management, decreasing utilization and enriching quality of life.

#### Broad Expertise

Our staff members have extensive backgrounds, specialties and experience. We have occupational therapists, physical therapists, speech language pathologists, recreational therapists, a massage therapist and exercise physiologists.

#### Our Program

The Leonard and Myra Levy Family Rehabilitation Center at National Jewish Health offers full-service rehabilitation services. We have the expertise and experience to treat patients of all ages and most illnesses and injuries — more than cardio-pulmonary and immune system disorders.

We evaluate patients who are deconditioned due to chronic disease, illness or injury. Our program starts them on a clinically proven plan to improve fitness, function and overall quality of life. We use state-of-the-art equipment that is specialized for all ages. Our treatment approaches are proven through scientific and clinical research.

The rehabilitation center is in our new Smith building and is full of windows and western views of the city — you will not find a better place to get rehabilitation treatment.

#### Evaluation and Rehabilitation Services Offered

- Pulmonary rehabilitation
- Cardiac surveillance
- Massage therapy
- Occupational therapy
- Orthopedic and rheumatology dysfunctions/illness
- Paradoxical vocal fold motion, vocal chord dysfunction, voice disorders
- Credentialed Lee Silverman voice therapy
- Physical therapy
- Post-operative rehabilitation
- Videostroboscopy and fiberoptic endoscopic evaluation of swallowing
- Aquatic therapy – Arthritis Foundation-trained instructors in the largest warm water pool in Denver
- Ergonomic and work injury surveillance
- Fitness center – full exercise facility with monitored exertion scales
- Patient education classes
- Vestibular disorders (dizziness, balance)
- Recreational therapy

**Call 303-398-1490 for referrals or appointments**

National Jewish Health | 1400 Jackson Street | Denver, Colorado 80206



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#### **Our Goal – Better Quality of Life**

We assist patients through evaluation, treatment, and education. At National Jewish Health, patients can improve strength, endurance, balance, self-monitoring, self-care, fine and gross motor skills and confidence in their ability to exercise and maintain their independence in daily activities.

#### **Benefits for Patients**

Results. Compliant patients see results are empowered by our staff to practice improved self-monitoring and self-care of symptoms associated with their illness or injury, and encouraged to pursue lifestyle changes needed to improve their quality of life.

#### **Joyce and Kal Zeff Family Wellness and Rehabilitation Center**

Our full exercise facility has top-of-the-line endurance and isotonic free weight equipment. Monitored exertion scales allow patients to screen their levels of strength and endurance. Staff members are Certified Exercise Trainers and Licensed Physical Therapists who also are Arthritis Foundation certified and YMCA Aquatic Instructors. Fitness testing and personal trainers are available to help start or improve an exercise program.

We provide fitness testing and personal trainers to help start or improve an exercise program. Our goals are to increase stamina, mobility, muscle tone and strength, flexibility, coordination, joint movement, circulation and self image.

#### **Pool Therapy Program**

National Jewish Health has one of the largest warm water pools in Denver. This therapeutic pool is 92 degrees and has a graduated entry. Oxygen is available free for patient use while exercising. The pool program involves cardiopulmonary endurance and strengthening exercises. Individual and community classes available.

#### **Patient Education**

We offer classes and one-on-one education to help patients learn new ways of doing tasks, relearn skills and regain strength. In our home lab and kitchen are models patients can learn how to address safety issues, adjust conditions in their home environment, pace themselves and perform tasks with confidence.

#### **Who is National Jewish Health?**

National Jewish Health is the only medical facility in the nation that focuses exclusively on respiratory, cardiac, immune system and related diseases. Our mission since 1899 is to heal, to discover and to educate as a preeminent healthcare institution.

Our unique, multidisciplinary approach to treatment by the nation's leading specialists in lung, allergic and immune diseases provides the latest diagnostic technology, innovative treatment programs, comprehensive education, and cutting edge clinical trials — all under one roof.



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