



The Rehab Center



Your Journey Begins Here

Life can deliver some unexpected twists. Accidents, sudden illnesses or emergency situations can happen when you least expect them. The Rehab Center at Grand Traverse Pavilions has the resources you need to help you return home to your loved ones and an active lifestyle.

The Rehab Center has evolved in response to shorter hospital stays. In the best interest of the individual, it bridges the gap between a hospital stay and home.

In the past, patients simply stayed at a hospital until they were well enough to go home without needing too much assistance. Today, because many people are unable to return home after discharge, The Rehab Center is a respite en route to full recovery.

Homeward Bound

Between hospital and home, The Rehab Center at Grand Traverse Pavilions provides a comfortable and supportive environment as our patients regain strength, mobility and confidence for their journey home. As patients return home, our team prepares:

- Pre-discharge home evaluations
- Patient and family instruction
- Information on after-care programs
- Financial services overview
- Option of continued outpatient therapy

As you or your loved one embarks on the road to recovery, there is no question that the speed and quality of your recovery is the result of a team effort. With hard work, dedication, and commitment, you will achieve the best possible outcome.

The Rehab Center will remain committed to helping you through any health issues or other challenges you may have in achieving your rehabilitation goals.

When your physician recommends short-term rehabilitation after a hospital stay, we invite you to contact us for additional information and a tour. Hours are by appointment Monday through Friday from 8 a.m. to 4:30 p.m. Weekend appointments can be arranged.



Your Journey to Recovery Begins Here.



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The Rehab Center
GRAND TRAVERSE PAVILIONS

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GRAND TRAVERSE PAVILIONS



Comfortable Accommodations

Designed with the well-being of our patients in mind, The Rehab Center features semi-private and private suites. The spacious accommodations are located in a distinct recovery environment, separate from our long-term care units. Individuals, like yourself, will occupy this comfortable setting and be rehabilitating until their return home.

The furnishings speak to the warmth of intimate healing spaces, while flat screen television, cable, and Wi-Fi offer a renewed connectivity to community.

Directly across from The Rehab Center is a state-of-the-art gym supplied with the latest equipment and technology. There are simulated living spaces within the gym that enable patients the necessary practice to safely get in and out of a car, work in a kitchen, and getting in and out of bed.

Within a short walk, there is a uniquely designed therapy pool. The 92-degree pool is equipped with a chair lift for individuals in need of assistance to get in and out of the pool. The warm water therapy may be recommended for individuals who are experiencing strength, range of motion, endurance, balance, and coordination deficits.

Forms of Therapy

The Rehab Center offers many types of therapy, including Aquatic, Occupational, Physical, and Speech Therapy. The injury or illness of the patient determines the customized type of therapy we prescribe.

In all cases, we suggest you continue to consult with your regular physician as needed. Therapists will regularly discuss with you your goals, as well as, examine progress towards achieving those aspirations.

Regardless of what kind of therapy you or your loved one needs, the goal is always to restore each patient's ability to function as safely and independently as possible.

Our Team Approach

Our specialized rehabilitation team assigned to The Rehab Center includes licensed aquatic, physical, occupational, and speech therapists. Nursing supervision is on a 24-hour basis and case managers will act as a liaison to better serve your needs. To support and enhance our team efforts, we've contracted the services of on-site Physical Medicine and Rehabilitation physicians. These local specialists are available to all rehab patients.

Our team takes a comprehensive look at all aspects of your stay with us from admission to discharge:

Planning

Short-term rehabilitation takes the work of an entire team, in particular, nursing staff and therapists. Upon an individual's arrival to The Rehab Center, our team begins planning your recovery and safe return home with a personalized, progressive interdisciplinary care plan. Our financial management office is happy to assist you with your insurance questions.

Evaluation

The Rehab Center team works together with your physician to determine a customized treatment program.

Customized Treatment

Our therapists and nursing staff assist every patient in achieving goals and building self-confidence, while providing emotional support through the recovery process.

Our therapies treat a broad range of orthopedic, neurological, neuromuscular, and arthritic disorders and provide a comprehensive approach including:

- Joint replacement rehabilitation
- Post-operative orthopedic care
- Stroke recovery
- Manual therapy
- Post medical/surgical reconditioning
- Neurological and balance retraining
- Gait training
- Chronic & acute pain management
- Transfer training
- Self-care retraining
- Wheelchair seating and positioning
- Equipment modification
- Splinting
- Cognitive re-education
- Diet modification
- Swallowing retraining
- Speech & language training
- Car transfer training
- Aquatic therapy
- and much more!

Insurance Information

Medical referrals are required for rehabilitation. Grand Traverse Pavilions is a participating provider in Medicare, Blue Cross Blue Shield, Priority Health, Auto Insurance, and other medical plans.

Our financial management staff is part of your recovery team. It is important that you provide us with current insurance cards and information. Before rehabilitation services begin, you will be informed of any co-pay responsibilities.

