

Your Recovery
First Steps
PLANNING GUIDE



LifeWorks Rehab



We're here to help.

If you've never planned a rehab stay before, the process can be overwhelming. Many injuries and illnesses arise suddenly and can leave you scrambling to make a decision.

There's so much to consider, and so many options. If you're beginning to plan for a rehab visit, this book is just the tool you need.

Get started now. 

Step 1:

Consider your goals.

- **What are your personal goals for recovery?**

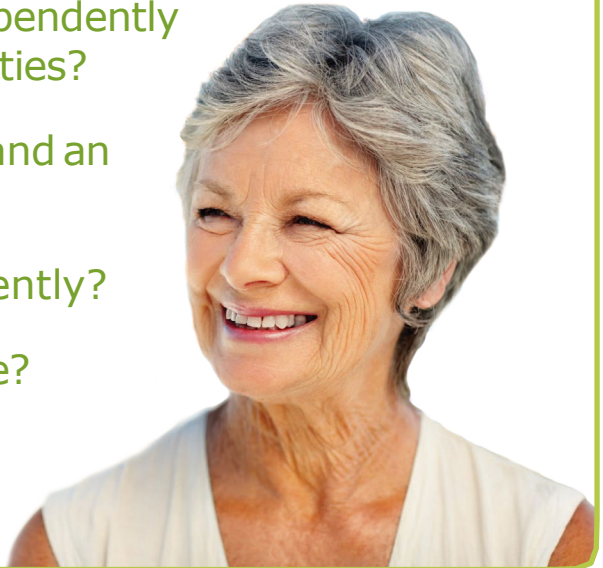
What do you most want to be able to accomplish when you get back home?

To be able to independently resume daily activities?

To enjoy exercise and an active lifestyle?

To live independently?

To be able to drive?



Rehabilitation isn't a one-size-fits-all endeavor.

Look for courses of treatment tailored to both your **medical needs** and your personal **recovery goals**.

Step 2:

Determine your needs.

- **Start by asking yourself the following questions:**

How severe is my condition?

How much rehabilitation do I need to achieve my goals?

Will I be able to bathe, dress, and feed myself right after my surgery?

Will I be able to push myself to exercise at home?

Can my family devote **24 hours a day** to my recovery?



Not all rehabilitation is created equal!

Everyone would ideally like to be able to recover at home after an illness or surgery, but at home recovery often leads to extended rehabilitation time.

Step 3:

Making the best choice.

- **With your personal goals in mind, it's time to compare facilities and make your choice. Consider factors such as:**

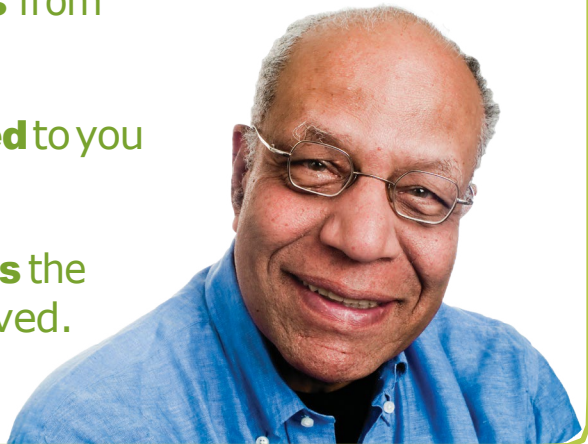
Quality of outcomes.
Back home stronger and more independent.

How many days a week is the program?
More therapy to get you home quicker.

Recommendations from former patients.

The time dedicated to you by caring staff.

Ratings and awards the facilities have received.



Studies show

that the more therapy you receive, the quicker you'll be able to return home and the less likely you'll be to return to the hospital.



Why choose

LifeWorks?

Every journey to recovery is different,
and we make sure that **your
path is uniquely suited to fit
your individual needs.**





Why choose

LifeWorks?

LifeWorks patients receive up to
3 hours of therapy every day.

LifeWorks therapy is
offered up to **7 days
a week.**





Why choose

LifeWorks?

We make sure you're strong,
healthy, and better equipped
to get back to **enjoying your life!**



*Spend more time living
and less time
recovering.*





LifeWorks Rehab

Visit www.LifeWorksRehab.com to
learn more and to find the center nearest you

