



Dartmouth
Health

Mt. Ascutney Hospital
and Health Center

Advanced Rehabilitation and Physical Medicine with Personal Care

Acute Rehabilitation and Outpatient Therapies
at Mt. Ascutney Hospital and Health Center





Welcome to Mt. Ascutney Hospital and Health Center's Rehabilitation Program

Rehabilitation is a physical journey. It's also a mental and emotional process, one that requires understanding, respect, and support. That's why we're here.

When you are recovering from illness, injury, or surgery, or when you require ongoing therapy, we're here with state-of-the-art rehabilitative care, with every aspect geared toward your recovery. That's how we've earned the trust of patients for over 30 years. It's why we're the first choice of hospitals and health care providers across northern New England, for intensive rehabilitation services.

One of only two acute rehabilitation programs in Vermont, Mt. Ascutney Hospital offers the most advanced patient-centered services in a comfortable and easily accessible facility. Your rehabilitation and recovery will require hard work, persistence and patience. At Mt. Ascutney Hospital, we're committed to helping you reach your highest level of recovery. Your own personalized team of skilled specialists from diverse disciplines will be on hand to support and encourage you at every stage along the way.

Mt. Ascutney Hospital's Rehabilitation and Physical Medicine Programs Offer:

- Extensive inpatient and outpatient facilities including the Miller Therapeutic Pool for aquatic therapy.

- A team of experienced doctors, therapists, and nurses, most with specialized training and certification in rehabilitation therapy and care.
- The region's only Vector Gait & Safety System®, which promotes independent walking by supporting the patient's weight. The Vector System is ideal for aiding recovery from stroke and spinal cord injury, amputation or orthopedic injury.
- The Real Y Series, providing a virtual reality immersive experience for patients; that uses sensors and virtual reality goggles to provide both visual displays of alternative environments and feedback from patient movements of their extremities.
- The Real I-Series VR, designed to address mental well-being and cognition, including animated, interactive experiences and 360-degree video instructor-guided and self-guided travel and nature experiences.
- Support in all aspects of recovery including emotional and social support, family involvement and education.
- Treatment for the full range of conditions ranging from stroke and cardiopulmonary disease to recovery from significant neurological or orthopaedic illness or injury.

“My goal is to improve every day, whether it's cutting my own food or taking a step on my own. Everyone here is very supportive.”

-Robert Jones, Fair Haven, VT



The Commission on the Accreditation of Rehabilitation Facilities (CARF), assures patients and families of Mt. Ascutney Hospital of its commitment to continually improving clinical services and programs with a focus on encouraging feedback, and serving the community.



Recipient of the Guardian of Excellence Award for Patient Experience in our Acute Rehabilitation Center as part of Press Ganey's annual ranking of the top hospitals and health systems in the U.S. The Press Ganey award is based on a range of scores which measure hospital performance, with the Rehabilitation unit included in the top 5% of healthcare providers delivering such high-quality care and patient experience in the nation.



Harmanpreet Tiwana, MD
Outpatient with
Inpatient Consultation

Neurology

When it comes to diagnosing and treating neurological disorders of the brain, spinal cord, peripheral nerves, muscles and involuntary nervous system, we are happy to have Dr. Tiwana on our team. She is board certified in Neurology and Neurophysiology.



Jason Fritzhand, DO
Outpatient with
Inpatient Consultation

Physiatry

Dr. Jason Fritzhand, is a board-certified Doctor of Osteopathy with our Outpatient Program and is a resource for individuals who have conditions that are impacting their muscles, joints and spine, with a clinical approach to viewing the whole person. He is capable of performing various joint injections as well as electrodiagnostic testing.



Heidi Cruz, MD
Inpatient Treatment

Physiatry

Dr. Cruz is our Medical Director and is a board-certified Physiatrist. For 15 years, Dr. Cruz has been caring for our Inpatient Program patients with multi-trauma, stroke and spinal cord injuries.

Three Levels of Care

to Meet the Full Range of Rehabilitative Needs

Mt. Ascutney Hospital and Health Center offers three levels of rehabilitative care to meet the full range of patient needs. Having multiple levels of care enables the team to most appropriately place patients in their different stages of recovery.

1 2 3

Acute Rehabilitation Program

The CARF-Accredited Acute Rehabilitation Program provides intensive rehabilitation on an inpatient basis for patients who have significant impairments from illness, injury, surgery, neurological disorders, or chronic disease. Each patient works with a team of rehabilitation experts tailored to his or her specific therapeutic needs, and receives three or more hours of daily therapy up to seven days a week, as appropriate, and 24 hour nursing care from nurses with rehabilitation training.

Swing Care Program

The Swing Care Program supports patients who no longer need acute hospital care but who are not yet well enough to be cared for at home. Some patients may also require continued physician management of complex medical conditions or a modified pace of therapy for continued recovery. Patients in this program receive skilled nursing care on a 24-hour basis and therapy services throughout the week.

Outpatient Rehabilitation Program

The Outpatient Rehabilitation Program provides ongoing physical medicine and rehabilitation therapies for adult and pediatric patients. The program supports patients who have left the hospital but continue to need rehabilitation to increase their level of function, and patients who do not require a hospital stay for treatment due to an injury or chronic illness.

Referral Process

for Inpatient and Outpatient Programs

If you need rehabilitative services, you will be referred to us by your physician, or by the facility providing your medical, emergency, or surgical care. Here's how it works:



Inpatient Referrals

Inpatient Referral Office:
(802) 674-7092

The referring facility will contact our inpatient rehabilitation referral team. They will describe your medical condition, rehabilitative needs, and recovery goals. The inpatient referral team then meets with our providers to decide if Mt. Ascutney Hospital's Rehabilitation Center is right for you.

Insurance and Payment

We accept most major insurance plans, and we will review your coverage prior to admission. In the event your insurance coverage is not able to cover 100% of the costs, financial assistance may be arranged, and you can ask to meet with your customer service representative. We always recommend that individuals also check their insurance coverage for themselves.

Outpatient Referrals

Outpatient Referral Office :
(802) 674-7100

The referring facility physician or staff will contact our outpatient referral team. Someone from our team will be in touch to schedule an evaluation and answer any questions you may have.

Want to Learn More?

Please visit our website at mtascutneyhospital.org/rehabilitation for more information about our services, specialized equipment and technologies, our exceptional providers and clinicians—along with dozens of patient stories sharing their experiences and celebrations of recovery.



Advanced Physical Medicine and Rehabilitative Services

Physical Medicine and Rehabilitation (PM&R) is the diagnosis and treatment of injuries and illnesses that affect the body's movement through a focus on the whole patient rather than on a particular symptom or condition. Our rehabilitation treatment is tailored to the patient's individual needs. In addition to Occupational or Physical Therapy services, may include several—or all—of the following therapeutic services.

Cardiac Rehabilitation uses exercise and education to improve physical fitness and reduce the risk of progressive heart disease in patients who have experienced a heart attack, cardiac surgery, angina or other heart conditions.

LSVT Big is an intensive, one-on-one exercise approach for people with Parkinson's disease. It is designed to improve walking, self-care, and other daily tasks by helping people recalibrate how they perceive their movements with what other people see.

Pain Management works closely with the patient and the rehabilitation team to monitor and assess pain and to provide treatment in order to both improve comfort and speed recovery.

Pulmonary Rehabilitation is designed to help people diagnosed with chronic lung disease, including COPD, restrictive lung disease, and some neuromuscular diseases that significantly impair respiration.

Recreational Therapy offers leisure lifestyle counseling to enhance quality of life after life-changing illness or disability. Relaxation and stress management techniques are taught to aid in managing symptoms.

Speech Therapy evaluates and treats swallowing, speech, language and cognitive-linguistic skills that may be impaired in people with neurological conditions such as stroke and Parkinson's disease.

Occupational and Physical Therapy Services

Occupational Therapy (OT) addresses neurological issues associated with conditions such as stroke, spinal cord injury and multiple sclerosis. Treatment focuses on functional mobility, cognitive and visual impairments, and introduces daily living activities such as dressing and home management. Treatment may incorporate the following specialized services and techniques:

Bioness Upper Extremity Electrical Stimulation Orthotic uses mild electrical stimulation with an orthotic to decrease muscle spasms and improve upper extremity limb function.

Hand Therapy offers assessment, planning and treatment of therapeutic interventions to prevent dysfunction or restore function of the upper limb, including the hand, wrist, elbow and shoulder girdle.

NSI, the original Multi-sensory Rehabilitation System, includes programs to help improve Visual Motor activities, Visual and Auditory Processing, and Balance/Vestibular issues. Using a 50-inch HD TV and interactive touch screen, the NSI-R is a multi-sensory system incorporating eye-hand coordination with cognitive processing and balance tracking to help improve these abilities and promote mental acuity.

Physical Therapy (PT) uses exercise and manual therapies to address movement and functional issues related to musculoskeletal dysfunction, neurological disorders, injuries, and surgeries. Specialized physical therapy programs are also available:

Aquatic Therapy uses the weightless environment of a pool to enable patients to perform exercises that may be difficult or even impossible out of the water. The warm water relaxes joints and limbs for exercise with little or no discomfort.

Bioness Lower Extremity Electrical Stimulation Orthotic uses mild electrical stimulation with an orthotic to decrease muscle spasms and improve lower extremity limb function.

Bioness Vector Gait and Safety System is a ceiling-mounted technology that supports a patient's weight to enable walking; ideal for those recovering from stroke and spinal cord injury, amputation or orthopedic injury, or from surgery to the hip and lower extremities.

Dry Needling Therapy is a valuable treatment technique offered here at Mt. Ascutney Hospital in the Outpatient Rehabilitation area. It is performed in conjunction with other therapeutic interventions for improving conditions such as acute and chronic pain, muscle tension and spasms, edema/swelling, and painful muscle trigger points. Both physical therapy and occupational therapy perform dry needling at MAHHC.

Lymphedema Treatment improves function and reduces or eliminates swelling associated with lymphedema. At Mt. Ascutney Hospital, therapists incorporate therapeutic lymphatic massage techniques and wrapping for lymphedema treatment.

Postural Restoration is a unique treatment approach that uses both manual techniques and exercises to address postural patterns and muscular imbalances associated with musculoskeletal dysfunctions.




“The people here are good at everything they do, they're good folks that treat you like one of the family. It's just remarkable.”

-Richard, Former Patient



Belinda Needham-Shropshire, MBA, MS, BS
Director of Rehabilitation Services
Since 2002



Your Rehabilitation Team

As a patient in the Rehabilitation Center, you will work with a team of health professionals who are specially trained in rehabilitation and physical medicine.

Your rehabilitation team includes you and your family along with doctors, nurses and therapists with the expertise best suited to your needs. This team will design your treatment plan and provide your care.

The **Physiatrist** is a doctor who is specially trained in how the body's nerves, muscles, bones and brain affect how you move. The Physiatrist leads your rehabilitation team in the design and implementation of your treatment program.

The **Care Manager** works with you and your family to understand and address the emotional, social, financial, vocational and educational needs that may arise as a result of your condition. The Care Manager is a key partner for you and your family throughout your stay, beginning with your admission, through treatment and in planning your discharge.

Our **Nurses** are involved in your care on a daily basis to help you regain optimal function and prevent further complications. Our nurses are specially trained and many are Certified Rehabilitation Registered Nurses (CRRNs).

A **Speech/Language Pathologist** may evaluate and work with you on issues related to swallowing, speaking, processing and expressing thoughts, and memory.

The **Physical Therapist and Physical Therapy Assistant** works with you to improve your strength, coordination, balance, endurance, muscle performance and functional mobility. At Mt. Ascutey Hospital, many therapists have additional training and expertise in specialty areas such as postural and vestibular restoration, lymphedema treatment, or work capacity evaluations.

The **Occupational Therapist and Occupational Therapy Assistant**, you work on everyday tasks such as bathing, dressing, eating and managing household activities, as well as on cognitive tasks such as reading, writing and handling money. Specially trained Certified Hand Therapists also may work with you to address upper limb function involved in these activities.

The **Therapeutic Recreation Therapist** is involved in your treatment through leisure activities and social interaction. In the therapeutic workshop, patients focus on the hobbies and activities that make life more enjoyable and on returning to those activities with whatever adaptations may be necessary.

The **Registered Dietitian** conducts a nutrition assessment and attends to your nutritional needs during your stay. The Dietitian also provides nutrition counseling to you and your family and works with you to develop the optimal dietary plan for when you return home.

Other **Affiliated Services** that are available to you include audiology, chaplaincy, prosthetics, psychiatry, substance abuse counseling, vocational counseling, and driver rehabilitation.

Rehabilitation Center Mission

“To improve the lives of those we serve by using an interdisciplinary team approach to help every patient achieve the highest possible level of functional independence and quality of life.”

What to Expect

During Your Acute Rehabilitation Inpatient Stay

Daily Therapy

Although you are in the hospital, the Rehabilitation Program is different from other types of hospital stays. You will be up, dressed and active, and your day may include up to five hours of therapy depending on your program level and specific treatment plan. You should bring three to four changes of clothing, shoes with rubber soles, personal toiletries and small remembrances of home. Please do not bring large sums of money or valuables.

Family Meetings

At Mt. Ascutney Hospital, we include your family and friends as vital participants in your care and recovery. Family meetings with you, your family members and friends, and your rehabilitation team may occur both formally and informally throughout your stay to discuss your rehabilitation plan, progress, goals, and target discharge date.

Home Evaluations

As your discharge date approaches, a home evaluation may be scheduled to help you and your family prepare and adapt your home. Following the evaluation, a list of recommendations is provided on how to improve the accessibility of your home to allow for your optimal independence.

Transitional Suite

We offer an overnight, homelike studio apartment setting where patients and key family members may stay and practice the skills necessary for a successful return to normal living. A fully functioning kitchen with refrigerator, stove and microwave is also close to the transitional suite for practicing adaptive skills.

Peer Support Services for Family

Particularly if you are newly impaired, you may meet one-on-one with a person who has a similar disability to gain practical information and emotional support from someone who knows from personal experience what you are going through.

Rehabilitation Therapy Groups

If you are newly impaired, you may be involved in therapy groups that are designed to help you learn about and develop strategies for self-care and independence. These groups include education about disabilities and address memory, relaxation, life skills, and exercise.

Team Meetings

During your stay, you will be an active participant in rehabilitation team meetings where your progress is reviewed and goals are set for ongoing care. Together, we work to develop a focused plan to guide your treatment.

Pet Visits

In many cases, with prior approval, your dog or cat may be able to visit to provide companionship and comfort during your stay. Please ask about our policy.

Community Outings

After becoming impaired many people are anxious about things such as shopping, eating in a restaurant, or attending community activities. Community outings help reduce those fears by providing education and practice in navigating public settings with a disability. Outings with family and friends also may be scheduled to give everyone an opportunity to practice adaptive skills prior to your discharge.



Mt. Ascutney Hospital and Health Center is committed to providing high-quality, personalized care to improve the lives of those we serve in the Windsor and Woodstock communities, in the surrounding areas of Vermont and New Hampshire, and beyond.

A center of healing

Mt. Ascutney Hospital and Health Center includes acute and swing care units providing medical and surgical care, and inpatient and outpatient rehabilitation offering patient-focused physical medicine and therapy. Our Emergency Department is open 24 hours, every day of the year.

Our team of experienced and dedicated health care providers and other medical and support staff are committed to delivering the very best care to the people we serve.

Personal attention

We take the time to listen and to pay attention to your specific concerns and needs.

Specialized services

We offer a wide range of clinical services and programs to meet the primary and specialty care needs of our community and partner with other health care organizations to deliver highly specialized services.

Inpatient Acute Rehabilitation Center

Richard I. Slusky Outpatient Therapies Wing & Miller Therapeutic Pool



Rehabilitation Center Referrals:

Inpatient Referral Office: (802) 674-7092
Outpatient Referral Office: (802) 674-7100

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