



News & Information

FOR IMMEDIATE RELEASE

Contact: Sarah Johnson, Manager, Marketing/Public Relations, at 773-547-3064 or sjohnson@aldengroup.org

Rehabilitation and Health Care Center Offers Advanced Therapy Treatment

Hoffman Estates, Ill. (February 27, 2007) – Seven patients of Alden Poplar Creek Rehabilitation and Health Care Center in Hoffman Estates recently graduated from Alden’s Optimal Rehabilitation program, an individualized, one-on-one therapy and rehabilitation program that combines traditional therapy protocols with exercises that build up an extra reserve of strength and vigor, promoting a return to full functionality. Developed exclusively for patients at Alden’s rehabilitation and health care centers, the Optimal Rehabilitation program meets the needs of individuals who require intensive, comprehensive short-term therapy after hospitalization. “I didn’t think that I would regain all of my strength,” says Joseph Campagna, Optimal Rehabilitation program graduate. “But I am stronger now than I was even before my knee procedure!” Campagna continues, “Alden’s physical therapy program is aggressive, but that’s why I was able to regain my independence and return home so quickly.”

Like Campagna, candidates for Optimal Rehabilitation include individuals recovering from cardiovascular, neurological or neuromuscular conditions, such as hip and knee replacement surgery, stroke, amputation, complications associated with diabetes, pneumonia or other debilitating conditions that require rehabilitation therapy services. Individualized treatment plans

are developed for each patient that takes into account his/her physical abilities, limitations and outcome goals.

The Optimal Rehabilitation program, which is offered daily in most Alden locations, is administered by certified therapists who work with patients until they are ready to return home. “We are committed to ensuring that patients have resumed as much of their previous level of functioning as possible prior to discharge,” says Bob Tripicchio, President, Community Physical Therapy, the company that provides Optimal Rehabilitation therapy services for the Alden rehabilitation and health care centers. “We define a successful outcome by how well our patients function when they return to their homes and communities, as well as how well they do for the rest of their lives.”

The Optimal Rehabilitation Program is available at all the Alden rehabilitation and health care centers, including Alden Alma Nelson (Rockford), Alden Des Plaines (Des Plaines), Alden Estates of Evanston (Evanston), Alden Estates of Barrington (Barrington), Heather Health Care Center (Harvey), Alden Lakeland (Uptown), Alden Lincoln Park (Lincoln Park), Alden Long Grove (Long Grove), Alden McHenry (McHenry), Alden Meadow Park (Clinton, Wis.), Alden Northmoor (Chicago), Alden North Shore (Skokie), Alden Orland Park (Orland Park), Alden Park Strathmoor (Rockford), Alden Poplar Creek (Hoffman Estates), Alden Princeton (Chicago), Alden Town Manor (Cicero), Alden Valley Ridge (Bloomington), Alden of Waterford (Aurora) and Alden Wentworth (Chicago).

###