

REHABILITATION

SERVICES AND AMENITIES

The Eastmont Rehabilitation Center is a Medicare-approved 23-bed nursing facility licensed by the state of Nebraska. We specialize in patients 65 and up and serve a wide range of needs including orthopedic and cardiac rehabilitation; weakness, balance and mobility issues; support for prosthetic/amputees; post-pneumonia or post-COVID recovery; and after any hospitalization or injury. We welcome the opportunity to help you achieve the most successful rehab outcome and remain independent.

As a Board Certified Geriatric Clinical Specialist, Eastmont's Director of Rehabilitation, Mark Sunderman, PT, has advanced clinical knowledge and skills in the area of geriatrics. Mark and his staff of licensed physical and occupational therapists guide and direct your journey from admission to discharge, providing an interdisciplinary, holistic approach to personalized rehabilitation.

Eastmont offers both short- and long-term rehabilitation services including:

Physical Therapy: Our physical therapists are Eastmont employees, not contract labor, and as a team they pair the science of healing with the art of caring. We understand that physical therapy involves effort and participation on your part to rebuild strength and ambulation. As such, we strive to make each personalized session enjoyable and productive.

Occupational Therapy: An important component of successful outcomes, occupational therapy assists individuals as they rebuild the skills necessary for performing activities of daily living, like dressing and cooking. In addition, Eastmont's occupational therapists will work with your family to make sure your destination following rehabilitation is safe by employing the use of supportive equipment and creative adaptations to your home.

Speech Therapy: Speech and language pathology professionals help individuals regain speech, language and other oral motor skills. Here, they often focus on nutrition, hydration, and safe swallowing techniques related to specific medical conditions. Eastmont contracts with outside providers for this component of your therapy if deemed necessary to achieve your rehab goals.



Located on the fifth floor of Eastmont's Springfield building, our rehab center features large windows, private rooms and its own well-appointed dining room. Along with therapy services and comfortable living accommodations, rehab residents can also enjoy many of the services, amenities and activities offered to the greater Eastmont community.

Amenities and services included at no additional cost:

- Three meals a day plus an evening snack
- Extended basic cable, Wi-Fi, and local phone service
- Daily housekeeping
- Personal laundry service
- Assistance with bathing and personal care
- Transportation to medical appointments in Lincoln
- Activities, events and social programs
- Library with computer access
- Use of tablets for virtual meetings with family or friends

Other amenities and services also available:

- On-site beauty salon
- Guest suites for visitors



For more information about the Eastmont Rehabilitation Center, please contact:

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