



The Tom and Billie Long Patient Care Tower features 230 private patient rooms, state-of-the-art facilities/services, including surgery, emergency, maternity, orthopedics, neurosciences and rehab—all in a healing environment with plenty of natural light and rooftop gardens.

Your John Muir Health

YOU'RE INVITED: APRIL 2 GRAND OPENING

Join the community celebration and open house as John Muir Health showcases its newly expanded John Muir Medical Center, Walnut Creek, from 10 a.m. to 4 p.m. There will be tours of the new building, food, kids' activities and more. For details, visit johnmuirhealth.com.



Rehab Sports Injuries at John Muir Health

Whether you're an ailing weekend warrior or an injured high school athlete, John Muir Health's Rehabilitation Services can get you back up to speed, offering exercise and conditioning equipment, private treatment rooms and detailed recovery plans.

Physical therapy can treat a range of sports injuries, arthritis, osteoporosis and more, and can improve mobility, range of motion, coordination and muscle strength. "Our physical therapists work with patients and their families to develop individualized treatment programs," says Sid Hsu, director of Rehabilitation Services at John Muir Health.

A positive attitude can aid your recovery, which takes months for some injuries, including a broken ankle. Expect to start with range-of-motion and muscle strengthening exercises. Once your strength increases, you can begin activities, such as brisk walking, easy jogging or light throwing. Gradually, under a therapist's supervision, you can increase the intensity and specificity of exercises as you work toward returning to your prior level of function or sports activity. "By going through physical therapy," says Hsu, "you reduce your risk of repeat injury and give yourself the opportunity to play at the highest level once you get back on the field or court."

Comprehensive, Personalized Care

John Muir Health offers a wide array of rehabilitation services, ranging from award-winning inpatient services at John Muir Medical Center, Walnut Creek to convenient outpatient care in four centers—Brentwood, Concord, Pleasant Hill and Tice Valley/Rossmoor. Our nursing and clinical staff is nationally certified in rehabilitation therapies and offers treatment to patients recovering from, but not

limited to:

- Brain injury
- Stroke
- Spinal cord injury
- Neurological disease or surgery
- Orthopedic trauma or surgery
- Multiple trauma
- Arthritis

To learn more, visit johnmuirhealth.com/rehab.