

**FROM THE WEST SIDE:**

I-90 East to West 25th Street exit. Continue past W. 25th (on Wade Ave.) to Scranton -- turn left. Turn right at Kenilworth (2nd street light). Turn left at W. 14th Street. Hospital is on the right side.

I-77 North. Stay in far left lane to follow signs for I-71 South/I-90 West. Once on I-71 S/I-90 W, stay in far right lane while going over the bridge. First exit is W. 14th/Abbey. Follow signs for W. 14th. Hospital is on the left side just beyond the first street light.

I-71 North to West 14th Street Exit toward Clark Ave/Steelyard Dr. Keep left at the fork in the ramp. Enter next roundabout and take the 3rd exit onto W 14th St. Continue on W. 14th past Starkweather and Kenilworth. Hospital is on the right side about one mile.

OH-176 N /Jennings Fwy N toward Cleveland. Take the W 14th St /Steelyard Dr exit toward I-71. Enter next roundabout and take the 2nd exit onto W 14th St. Continue on W. 14th past Starkweather and Kenilworth. Hospital is on the right side about one mile.

**FROM THE EAST SIDE:**

East Shoreway to I-90 West. As you approach the bridge, stay in the far right lane. Follow the signs for W. 14th/Abbey; bear left onto W. 14th. Hospital is on the left, just beyond the first street light.



**GRACE HOSPITAL**

Clinical Excellence + Compassionate Care

**OUTPATIENT REHABILITATION CENTER**

2307 West 14th Street

Cleveland OH 44113

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www.gracehospital.org

**Chronic pain doesn't have to be a part of your life:**

Chronic pain is different from sudden, acute pain. It can last several months and sometimes you don't even know what is causing it. Living with chronic pain can contribute to a wide range of emotions, including depression, anger and low self-esteem because it can interfere with your daily life.

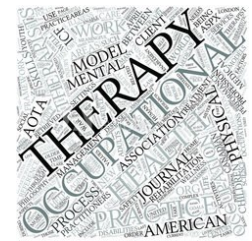
At Grace Hospital Outpatient Rehabilitation Center our goal is to reduce or eliminate your chronic pain by looking at the musculoskeletal issues behind such problems. When you first come to our office for chronic pain therapy, our physical therapists will conduct a thorough evaluation of your body and symptoms and then create a custom treatment plan that may incorporate several physical therapy methods, such as an exercise program, manual therapy and pain-relieving modalities:

- Initial evaluation/re-evaluation
- Range of motion/stretching techniques
- Strength training
- Manual therapy
- Core stabilization
- Functional/sports progressions
- Body mechanics
- Home exercise programs

During each visit, we will discuss our progress, review strategies and work on unresolved problems. We will help you integrate exercises and functional changes into your life and give you helpful information about meeting the daily demand of living.



**OUTPATIENT REHABILITATION CENTER**



## CLINICAL EXCELLENCE.

### COMPASSIONATE CARE

We understand how challenging healing can be. Our patients and their supportive friends and family members are trying to restore the lives of those they love. Your time is valuable.

#### ABOUT US

Grace Hospital Outpatient Rehabilitation Center offers the highest level of care for those individuals recovering from conditions that affect their daily lives. We provide comprehensive outpatient therapeutic services to all ages.

#### OUT PATIENTS

We treat patients for a wide range of diagnoses including:

- Orthopedic conditions
- Neurological conditions
- Balance conditions
- Hand dysfunction
- Speech disorders
- Language disorders
- Voice disorders
- Swallowing disorders

### Grace Hospital Outpatient Rehabilitation Center Provides Comprehensive Therapy Services for Every Need

Grace Hospital Outpatient Rehabilitation Center provides outpatient rehabilitative care for patients. Our team of rehabilitation specialists offer Physical Therapy, Occupational Therapy, and Speech Therapy services.

#### Physical Therapy Services

Physical Therapy (PT) uses various treatment techniques, modalities and educational tools to decrease pain, increase strength and flexibility, improve balance and walking to allow safe return to daily tasks and recreational activities.

#### Occupational Therapy Services

Occupational Therapy (OT) incorporates the use of functional activities, adaptive equipment, splinting and education to build the skills necessary for individuals to be as independent as possible in their work, leisure and self-care roles.

#### Speech Therapy Services

Speech Therapy provides speech and language services for a variety of communication disorders such as speech or language impairments, voice problems and swallowing impairments.

### Preparing for Your First Rehabilitation Services Appointment

- Please arrive 15 minutes early to fill out paperwork
- Be sure to bring the prescription/order from your doctor, insurance card and photo ID
- Wear comfortable clothes

#### Insurance Coverage

Grace Hospital Outpatient Rehabilitation Center treats patients covered by:

- Medicare and Medicaid
- Worker's Compensation
- Most private insurances

Patients should check with their individual insurance company to see if Grace Hospital is a preferred provider of outpatient rehabilitative services.

### More Information on Rehabilitation Services

Grace Hospital Outpatient Rehabilitation Center can help patients overcome chronic injuries and return to full range of motion. For information about the services we offer or to schedule an appointment, call **216-687-4098**