

Ascend to Your Best Life

Therapy at Global Pointe

You have chosen a wonderful place to call home. Part of living the good life includes staying active and independent. As you age, new concerns may arise, challenging your ability to perform every day activities. Ascend Rehab is here to provide support for your lifestyle.

Therapy services are available right here at Global Pointe to help residents restore their health without the hassle of managing off-site appointments or arranging in-home therapy. We make it easy to address any health concern that requires therapy by providing top-quality care right here.

Our therapists develop highly individualized plans to promote independence and safety. Services are provided with physician orders and are typically covered by insurance.

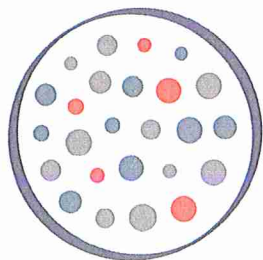
Physical therapy improves quality of life by restoring the ability to move. Our physical therapists focus on posture, balance, strength, pain management, ability to get in/out of bed and chairs, walking and navigating stairs without fear of falling.

Occupational therapy maximizes seniors' abilities to manage daily activities, including: bathing, dressing, household tasks like cooking/cleaning and money management. By achieving greater independence and freedom, seniors confidently participate in more activities of choice and engage in social pursuits.

Speech therapy focuses on the ability to speak, understand and swallow. Communicating wants and needs and the ability to enjoy a meal while socializing with others are critical to a fulfilling quality of life.

We'll take care of you!
If you have a concern or need, call:

763.531.5420



GLOBAL POINTE
SENIOR LIVING

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Rehab Programs for You

○ Balance

Falls and loss of balance is not a normal part of the aging process. Ascend empowers you to improve balance components and function, reduce environmental fall hazards and determine if an assistive device is appropriate. Our goal is to provide specific therapy geared towards keeping you safe, active and independent.

○ Massage

Massage significantly improves function and flexibility, decreases stress and anxiety, relieves pain, enhances circulation and improves sleep. For optimal health benefits, Ascend massage therapists individualizes available programs: geriatric, relaxation, deep tissue, comfort touch, aromatherapy and more.

○ Fitness & wellness

Maintaining a fitness routine is important at any age, but especially for older adults. Fitness increases energy, builds bone density, lowers risk of dementia, eases effects of arthritis, increases lean muscle and improves mood and sleep. Ascend offers several individual and group fitness options where members can expect to increase their overall physical activity tolerance by an average of 26%.

○ Home safety assessments

If you have concerns about you or your loved one's ability to function safely at home, Ascend's Safe at Home assessment includes a comprehensive evaluation of function and mobility within all areas of the home and recommendations for maximizing independence which may include home modifications.

○ Aquatic therapy

Using the physical properties of water to enhance healing and function, Ascend's aquatics participants improve physical flexibility, mobility and muscle strength and alleviate joint stress, pain, and swelling. Aquatic therapy can take place in a 1:1 or group setting.

○ Cognitive care

Engaging in activities that support healthy cognition enhances reasoning and memory skills, maximizes safety and independence and improves self-confidence in everyday tasks. Ascend occupational therapists complete comprehensive cognition assessments, personalize compensatory strategies and identify an older adult's functional abilities.

○ Pain management

Pain can be debilitating and affect overall quality of life. Ascend can help manage symptoms, without the use of opioids, through manual therapy techniques, strengthening exercises, heat/cold/electrical stimulation modalities and education.

○ Dysphagia (difficulty swallowing)

Speech and language pathologists are skilled at using tests to determine the scope and severity of swallowing concerns and implement treatment including: exercise, special eating techniques, or dietary changes. We are certified in VitalStim Therapy, an electrical stimulation equipment that accelerates strengthening, restores function and helps the brain remap swallowing.

○ Lymphedema (swelling in arms & legs)

The first-line of treatment includes therapy aimed at decreasing swelling through use of manual massage, compression wrapping and exercise. Ascend Rehab has lymphedema-certified therapists on staff to help combat long-term affects of the disease.

○ Functional improvement

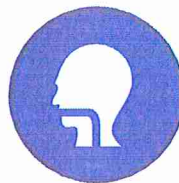
The degree of help needed to perform basic, daily activities such as walking, dressing and bathing determines living arrangements for older adults. Therapy aims to resolve functional deficits and optimize abilities. Our team uses a variety of holistic, person-centered techniques to improve movement, wellbeing and help you live where you want to live.

○ Neuro rehab

Ascend therapists are trained in state-of-the-art neurological best practices to promote optimal quality of life for individuals with stroke, traumatic brain injury, Parkinson's, dementia and other progressive neurological disorders. We are trained in LSVT LOUD[®] speech and PWR[®] exercise methods to address unique speech and movement impairments for individuals with neurological disorders.

○ Incontinence

Bladder control problems can be successfully treated in over 80% of people. Ascend therapists use the Accelerated Care Plus[®] Bladder Control Program based-on treatment guidelines established by the Agency for Healthcare Research and Quality. Simple hip, abdomen and pelvis exercises strengthen muscles needed for proper bladder control and decrease leakage. Electrical stimulation may be used to re-strengthen muscles.



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