

Marquis Companies operates skilled nursing, assisted living, and home health care. We approach senior care differently, we believe a person shouldn't be defined by their age or medical condition. We believe you can still fulfill dreams.

## TRUSTED ADVISOR 1 ARTICLE CONTINUED

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- Self care adaptation training – Instruction in safety and adaptation of movement applied to specific tasks needed for independence in daily care.
- Exercise – Strength and flexibility allow us to do the activities we enjoy as well as protect our joints from injury. Our programs tailor the exercise to the individual's needs and abilities with the use of resistive, aerobic, and biofeedback training equipment.

### **BENEFIT:**

Having trained and experienced therapists who are committed to the design and implementation of each patient's rehabilitation program provides us with a unique strength in delivering care and giving the patient the ultimate in rehabilitative care.



## A GIFT

BRIGHTENING A CHRISTMAS SEASON

# SO YOU HAD ORTHOPEDIC SURGERY:

JOINT REPLACEMENTS, FRACTURES AND OTHER ORTHOPEDIC DISORDERS DO NOT NEED TO LEAD TO LONG TERM DISABILITY. REHABILITATION IS THE CORE STRENGTH OF CONSONUS/MARQUIS CARE. EACH PATIENT'S PROGRAM IS CUSTOMIZED BY OUR THERAPISTS WHO ARE HIGHLY EDUCATED AND SPECIALISTS IN AREAS SUCH AS ARTHRITIS, JOINT REPLACEMENT, FRACTURES, SPRAINS, AND OTHER SOFT TISSUE INJURIES.

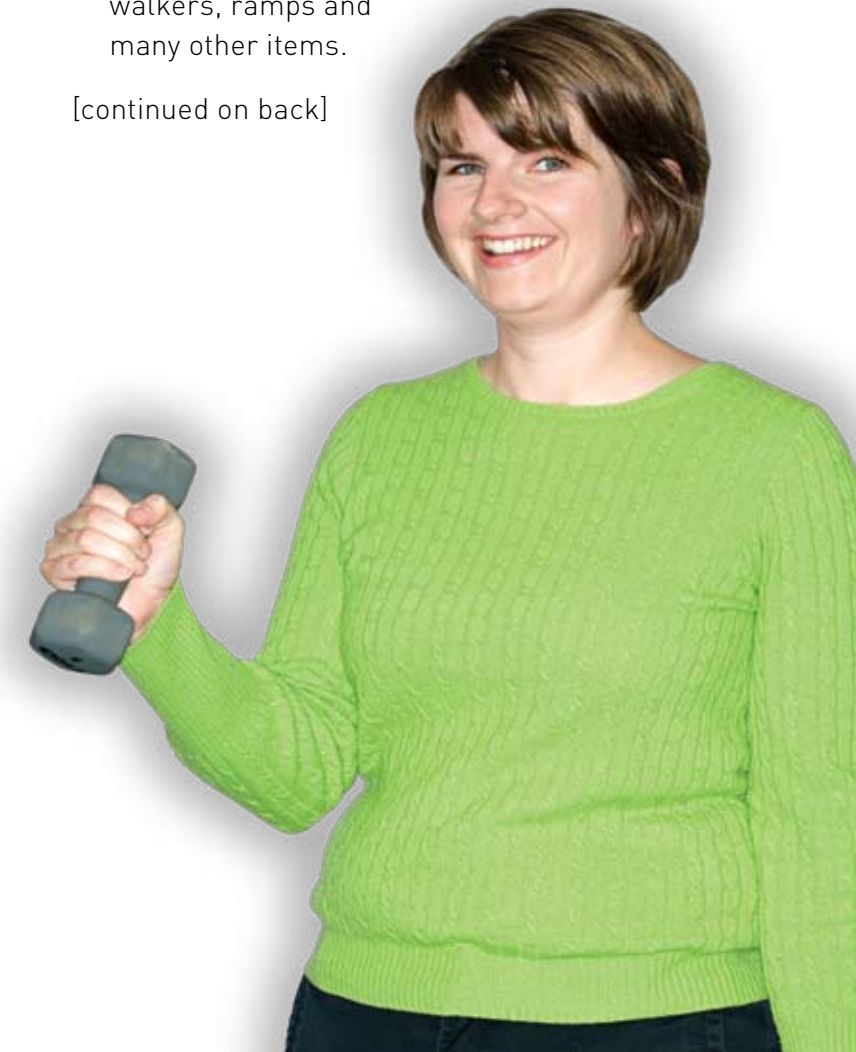
At Consonus Rehab/Marquis Care therapists combine manual therapy techniques, movement training, self care adaptation, exercise, and modalities to address all aspects of recovery. Our goal is to maximize our patient's functionality and regain independence safely and quickly so they can return to quality of life they can enjoy.

## INTRODUCING – ACCELERATED CARE PLUS (ACP)

With the use of state of the art ultrasound, electrical stimulation, and pulse shortwave equipment we are able to maximize potential. We have partnered with Accelerated Care Plus (ACP) for the most advance equipment and education in advanced techniques. Modalities are used to reduce inflammation, pain, and contracture restricting motion. We also use modalities to normalize muscle tone, reactivate neurologically compromise muscles, retrain normal muscle patterns, and increase circulation for healing. ACP is used in combination with other types of therapy such as:

- Movement training – Essential for regaining balance and safety to decrease fall risk. Instruction on how to move with greater ease, less pain, and decrease stress to injured tissue. This includes assessment of need for and instruction in the use of equipment such as wheelchairs, splints, walkers, ramps and many other items.

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NEW CHAPTERS

## ‘TIS THE SEASON

*For holiday cheer.*

**R**ONALD DIEDE AND HIS WIFE HAVE BEEN MARRIED for 47 years and she is the "light of his life." About 20 years ago a friend of theirs got them into the Christmas tree business and Ronald has been busy growing Christmas trees ever since. They run a small farm called "Ms. Diede's Christmas Trees" in the winter where Ronald has been in charge of all the planting and maintenance of the trees. They spend the spring and summer at their second home in Rockaway Beach where Ronald spends time fishing. This fall, Ronald suffered a stroke which led to the diagnosis of lung cancer. He suffered several subsequent strokes and has been at Marquis Care at Mt. Tabor rehabilitating and undergoing treatment for his cancer. His wife remains devoted to him and is by his side from 8 am until well into the evening. Ronald has learned to walk again and is working on increasing his independence to resume all of his previous activities.

On December 6, 2009 we were able to setup a New Chapters Event for Ronald and his wife to allow him to spend the day at home helping to run his Christmas Tree Farm for the day. Without Ronald there, his neighbors were helping run the farm but the farm was spending much time closed. Despite temperatures of 20 degrees, Ronald was so proud to be out there again and taught his therapist about each of the trees so she could help too. When some of his returning customers arrived they asked "where's the old guy who's usually here?" and they were happy to greet him as he was warming himself up in the truck. As people filed into his driveway his wife's smile was unstoppable. They also get the record for the busiest day!

The most amazing thing about this event was to see how much of an impact it made on Ronald in the following week. It really was unexpected to see how much this special day impacted his energy, his spirit and his abilities.

