



**RECOVERING**  
FROM A  
*Stroke*



**ClearSky**  
Rehabilitation Hospital  
of Flower Mound



At ClearSky Rehabilitation Hospital of Flower Mound, our highly trained team, state-of-the-art facility, and integrative approach set our stroke services apart from other programs.

We continually strive to provide patients with optimum outcomes often going above and beyond normal service expectations. Our goal is to help you return home quickly with as much physical and cognitive independence as possible.

## YOUR HOSPITAL TEAM

An interdisciplinary healthcare team works with you and your family members to customize a treatment plan that provides you the greatest chance of a successful recovery. We base your care plan upon your individual goals and capabilities.

**Our services are led by physicians specializing in rehabilitation and include:**

- Rehabilitation Nursing Services – for around-the-clock medical attention
- Physical Therapy\* – for mobility and pain management
- Occupational Therapy\* – for development and recovery of self-care skills and leisure participation
- Speech-Language Pathology\* – for speech, cognition, and management of dysphagia or swallowing difficulties
- Dietary Services – for nutritional and special dietary needs
- Pharmacy Consults – for management of medications
- Respiratory Therapy – for improved breathing, energy, and stamina
- Case Management – for coordination of care during and after your hospital stay, including discharge preparations and arrangement of further resources and equipment, if needed
- Family Education & Caregiver Training – for information about stroke and the recovery process
- Home Evaluations – to prepare you for a safe return from the hospital

***\*During your hospital stay, you can expect to participate in at least 15 hours a week of physical, occupational, and/or speech therapy.***

*A national study has shown that stroke patients treated at acute inpatient rehabilitation hospitals return home sooner, remain home longer, have fewer hospital readmissions and ER visits, and live longer.*

— Dobson, DaVanzo & Associates, LLC



# OUR COMPREHENSIVE STROKE REHABILITATION PROGRAM

**Our comprehensive stroke rehabilitation program is designed to maximize your recovery.**

Our program includes review of 228 evidence-based recommendations from the American Stroke Association. Nursing and therapy personnel, who are **specifically educated in stroke rehabilitation techniques and modalities**, review every recommendation and apply the ones that fit your individual needs as a patient.

Our healthcare team works with you and your family members to ensure that you recover to **your fullest abilities**, helping to improve:

**Mobility | Balance and strength | Motor skills | Speech and language issues | Swallowing difficulties**  
**Thinking and reasoning abilities | Sensory issues | Bladder and bowel control | Safety awareness**

The **depth and knowledge** of our stroke rehabilitation program allows us to provide you with the highest standards of care, while maintaining the ability to adapt and advance the program to new research and evidence as it occurs.



## ADVANCED TREATMENTS

We offer advanced, evidence-based treatments to provide you with a successful recovery and quick return home, including:

- Yale Swallow Protocol for aspiration risks
- Brain Break Protocol for scheduled therapeutic rest periods
- PHQ9 to assess mental well-being and depression
- Ampcare's Effective Swallowing Protocol (ESP) to help with safe swallowing and eating
- Tai Chi for balance
- Water protocol for improved hydration
- Fiberoptic Endoscopic Evaluation of Swallow (FEES)
- NMES for motor improvement
- Bowel and Bladder training

*The American Heart Association/  
American Stroke Association  
recommends that stroke patients  
receive rehabilitative care at  
**inpatient** rehabilitation hospitals  
following their initial hospital stays  
versus **nursing homes**.*



# RETURNING HOME

From the day you're admitted, a case manager will work collaboratively with you, family members, and the healthcare team to create a discharge plan that best meets your needs.

**In preparation for discharge, you and your family members will be provided:**

- Education regarding ongoing care, such as continued exercises, behavior modifications, home modifications, and assistive devices, if necessary
- Written instructions and prescriptions
- A medical report, which will be sent to your physician and other healthcare professionals

**We plan to remain a partner in your healthcare after you leave the hospital, arranging further resources as needed, such as:**

- Follow-up Physician Appointments
- Outpatient Therapy
- Home Health
- Durable Medical Equipment

## OUR REHABILITATION DIFFERS

**Medical rehabilitation hospitals like ClearSky Flower Mound are required to:**

- Be licensed and accredited
- Use an interdisciplinary team approach to care
- Have a physician with specialized rehabilitation training supervise medical services
- Provide rehabilitative nursing 24/7
- Offer patient therapy (physical, occupational, and/or speech) for a minimum of 15 hours a week

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*-Rosemary, Bedford, Texas*

*Each of the staff on all levels were very knowledgeable, genuine, efficient, as well as kind.*

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### ClearSky Rehabilitation Hospital of Flower Mound

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