

Excellence in nursing care and rehabilitation at Park Avenue

September 15, 2016 — FREERPORT LEADER

Park Avenue Extended Care Facility is honored to be the exclusive sponsor of the South Nassau Communities Hospital 2016 5K Walk & Health Fair. We invite everyone to join our efforts to raise awareness about cancer and to contribute to the vital resources SNCH has to offer. It is our privilege and pleasure to be the exclusive sponsor for this worthwhile endeavor. Please join us at www.crowdrise.com/SNCH5K and click on the Park Avenue icon. Donate, walk, or do both!

We are proud to introduce our new Trauma Recovery Program. Trauma is a serious injury or shock to the body caused by a physical occurrence such as an accident or a violent act. The resulting injury, or injuries, may be complicated by behavioral, psychiatric, and social factors. At Park Avenue, a tailored program will be created to suit the individual needs of the injured resident. A comprehensive program specific to that individual will be designed.

The areas of specialized services may include some of the following: wound care, certified wound physician, wound care nurse specialist, HBOT (hyperbaric oxygen therapy), neuro rehabilitation, orthopedic rehabilitation, quadriciser (state of the art exerciser for unconscious and conscious



residents), bionic arm, bionic leg, ADLs (activities of daily living), IV therapy, vitalstim, speech therapy, occupational therapy, and psychological counseling. Rehabilitation services are given twice daily for a specific timed session. Family is encouraged to participate if they have a desire to do so. Due to the nature of trauma, psychological counseling is a major component to the healing process. Services may be provided as needed to the resident and family.

We pride ourselves in delivering the best skilled nursing care, as well as offering the finest and latest in state of the art rehabilitation equipment. We shall continue in our efforts to strive for excellence and offer our patients the finest care, companionship and comfort possible.

Park Avenue Extended Care Facility
425 National Blvd., Long Beach • 516-431-2600

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Compassionate care that makes a difference

In Rockaway Park since 2001, Sands Point Physical Therapy has now arrived in Oceanside. The new 2,700 square foot Oceanside office is backed by over 20 years experience, state-of-the-art rehabilitation equipment, cutting edge modalities for pain relief, and a highly experienced staff. Its founder, Timothy F. Rohrs, P.T., D.P.T., earned his Doctor of Physical Therapy degree at the State University of New York at Stony Brook.

The goal at Sands Point PT is to provide patients with extraordinary physical therapy services and personalized patient care. Both offices are outfitted with what Dr. Rohrs feels is unique and top-notch equipment.

The SoloStep is a ceiling and roof-mounted track and harness system designed to protect patients from falling while learning to walk without a cane or walker. According to Dr. Rohrs, the only other facility on the east coast that has this equipment is Temple University Hospital in Philadelphia.

Their LiteForce EX Class IV Deep Tissue Laser gets wonderful results treating soft tissue injuries such as muscle strains, sprains, back and neck pain, ruptures, torn tendons, bursitis, tendonitis, tendonosis, tendonopathy, plantar fasciitis, tennis



elbow, heel spurs and pulled groin muscles. The laser therapy device, which often lessens the healing time for sports injuries, is used by the Boston Celtics and Toronto Blue Jays, who confirm great results.

Sands Point Physical Therapy strives to correct the underlying cause of pain, promoting better flexibility, strength and joint mobility. Their treatment approach involves neuromuscular retraining and therapeutic exercise.

Sands Point PT works with many insurance plans and Workman's Compensation.

Sands Point Physical Therapy
2965 Long Beach Rd., Oceanside • 516-766-1408 • www.sandspointpt.com

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