



ETMC OLYMPIC CENTERS

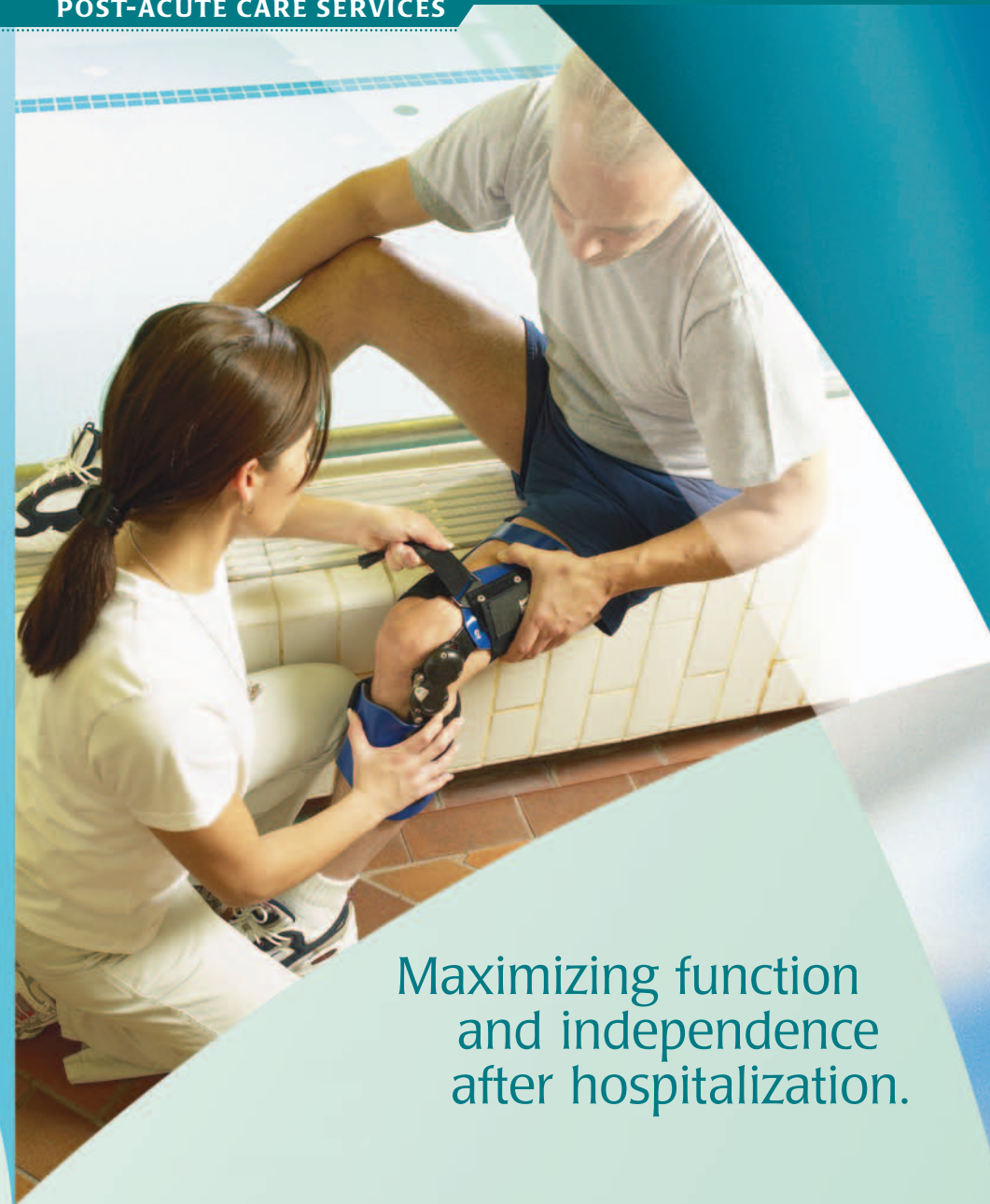
Not your average health clubs.

ETMC Olympic Center Mission:

To offer East Texans a chance to improve their quality of life through wellness, fitness and health enhancement.

Whether a patient is seeking exercise after rehabilitation, to manage a chronic condition or to stay fit, ETMC Olympic Centers have a program that's on target. That's because Olympic Centers have the singular advantage of combining a health club with an outpatient rehabilitation facility. People with special health concerns benefit because all exercise equipment is up-to-date and every instructor or trainer is certified in some combination of exercise physiology, exercise techniques, personal training, aerobic instruction and more.

ETMC Olympic Centers are located throughout East Texas. Each center offers a clean, aesthetic and safe environment with cardiovascular and strength training equipment, an indoor track and a varied schedule of aerobics and health enhancement programs for members and outpatients alike. Also available are services like personal training, massage therapy, fitness assessments, body composition testing, aerobic capacity testing and resting metabolism testing. To find an Olympic Center nearby call **903-596-3224** or **1-800-338-7293**.



Maximizing function and independence after hospitalization.

For information on ETMC Post-Acute Care services, please call **903-596-ETMC** or **1-888-333-ETMC**.



After the hospital, what's next?



When a patient gets released from the hospital but isn't quite ready to go home without assistance, what are his or her options? What level of care is most appropriate, and how are referrals made? ETMC can help answer these questions

with our selection of Post-Acute Care Services.

Each Post-Acute Care program offers a different degree of medical care and supervision. No matter which degree is most suitable, a team of experienced ETMC rehabilitation and home health care professionals will work with patients and their families to create an individualized program: one that's shaped around their personal abilities, needs and objectives.

At ETMC, our goal is to help patients reach their highest possible level of function and independence after hospitalization. To meet this goal, we offer these Post-Acute Care Services:

- Long-term acute care
- Home health care
- Inpatient rehabilitation
- Outpatient physical, occupational and speech therapy
- Outpatient cardiac and pulmonary rehabilitation
- Orthopedic care
- Olympic Center fitness facility

Our Mission:

We continuously strive to bring an unmatched Spirit of Excellence to the art and science of healthcare. We measure our success by how our efforts improve the quality of life for the people and communities of East Texas.



ETMC SPECIALTY HOSPITAL

Providing constant care and long-term treatment.

ETMC Specialty Hospital serves the complex needs of individuals who have experienced catastrophic illness or injury. Patients require daily physician monitoring, intensive nursing care and extended therapies. Family members are encouraged to attend weekly conferences with each patient's team of physician, nurse, dietitian, case manager and therapists.

Some stays at the ETMC Specialty Hospital are transitional in preparation for surgery or discharge to a skilled nursing facility, a rehabilitation hospital or a private residence. The average length of stay is 25 days. Referrals or inquiries can be made by calling **903-596-3100** or **1-800-338-7293**.

ETMC Specialty Hospital programs and therapies include

- Complex medical care
- Respiratory care
- Ventilator monitoring and weaning
- Cardiac monitoring and intravenous medication
- Oncology care, chemotherapy administration and radiation therapy
- Complex wound care, whirlpool and hyperbaric oxygen
- Low-intensity rehabilitation



ETMC HOME HEALTH

Bringing the hospital home to you.

ETMC Home Health provides medical and personal assistance to people who are elderly, temporarily or chronically ill, disabled or recovering after hospitalization or rehabilitation.

Under the direction of a physician, our home health case managers oversee each patient's plan of care to ensure he or she gets what's needed. Fully trained, licensed and certified nurses, therapists and aides make regularly scheduled visits to provide medical care, therapies and assistance. A nurse is on call 24 hours, seven days a week.

Located throughout East Texas, ETMC Home Health is one of the only home care programs in the region whose offices are accredited by the Community Health Accreditation Program and/or the Joint Commission on Accreditation of Healthcare Organizations. The program is certified by Medicare and Medicaid. Most other insurance plans are accepted. Referrals or inquiries can be made by calling **1-800-256-7091**.

ETMC Home Health offers

- Skilled nursing
- Home health aides
- Medical social services
- Physical therapy
- Occupational therapy
- Speech therapy
- I.V. therapy
- FirstTouch Emergency Response System



ETMC REHABILITATION HOSPITAL

Providing advanced therapeutic care.

Located at the ETMC Rehabilitation Center in Tyler, the inpatient rehabilitation hospital serves individuals who require more intensive physical, occupational and/or speech therapy than outpatient rehabilitation can provide. Patients may have experienced strokes, spinal cord or head injuries, neurological diseases, orthopedic surgeries like hip fractures, and other conditions that call for frequent medical attention.

This 49-bed facility is accredited by the Commission on the Accreditation of Rehabilitation Facilities and offers access to

advanced care and therapeutic equipment. Doctors, nurses and clinical therapists work with patients and their families to reach the ultimate goal of restoring mobility, communication and independence. Referrals or inquiries can be made by calling **903-596-3000** or **1-800-338-7293**.



ETMC OUTPATIENT REHABILITATION CLINICS

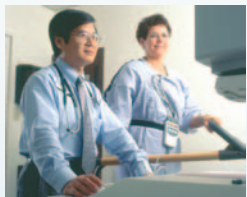
Helping to restore and maintain independence.

Located throughout the region, ETMC Outpatient Rehabilitation Centers offer a continuum of programs that allow patients to move to an appropriate level of therapy at any given phase of recovery. Therapists also help individuals with chronic diseases to better manage their conditions, allowing them to remain as independent as possible.

Licensed physical therapists, occupational therapists, physiatrists and exercise specialists oversee each patient's course of treatment. Each rehabilitation center is equipped with advanced equipment to aid in recovery. Referrals or inquiries can be made by calling **903-596-3000** or **1-800-338-7293**

ETMC outpatient rehabilitation services include

- Physical and occupational therapies
- Speech therapy
- Hydrotherapy
- Parkinson's program
- Lymphedema management
- Balance and vestibular program
- Arthritis aquatics
- Functional capacity evaluations
- Impairment ratings
- Work conditioning
- Athletic trainers and sports medicine
- Counseling and psychological services



ETMC OUTPATIENT CARDIAC & PULMONARY REHABILITATION CLINICS

Managing heart and lung conditions.

ETMC Cardiac Rehabilitation and Pulmonary Rehabilitation programs help people return to their everyday lives with the training necessary to manage their conditions. Physicians, registered nurses, respiratory therapists and exercise physiologists work together to deliver the appropriate care for each individual. Programs are strategically located throughout East Texas.

Cardiac rehabilitation combines monitored exercise, education and physician supervision to promote a lifestyle change for people diagnosed with cardiac conditions such as hypertension, angina, coronary artery disease, cardiomyopathy, congestive heart failure or heart attack. Through this program, patients receive the information they need to take control of their heart condition so that they may safely participate in activities of life with confidence.

The pulmonary rehabilitation program works to improve quality of life for individuals with chronic obstructive pulmonary disease, lung resection, asthma, emphysema, pulmonary fibrosis or other lung conditions. Monitored exercise, disease education, breathing retraining, medication usage, bronchial hygiene and adaptive equipment and oxygen use are integrated components of this program.

Referrals or inquiries can be made by calling **903-596-3000** or **1-800-338-7293**.



ETMC ORTHOPEDIC INSTITUTE

Helping people gain strength, flexibility and function.

The ETMC Orthopedic Rehabilitation program is specifically designed to maximize strength and flexibility in patients who have undergone orthopedic surgery or who experience musculoskeletal and degenerative conditions.

Our team of specialists include board-certified hand therapists and physical therapists who develop and oversee personalized exercise and self-care regimens that let people reach their highest functional potential.

Services include

- Post-operative joint replacement rehabilitation
- Acute and chronic tendonitis and tendonosis rehabilitation
- Fracture and joint dislocation rehabilitation
- Custom upper extremity and hand splinting
- Spine rehabilitation
- Sports-related rehabilitation
- Sprain and strain rehabilitation