



FutureCare Sandtown has been serving the historic Sandtown-Winchester community of Baltimore City since 1994. At our Sandtown location, FutureCare has successfully created an environment for care and healing that “feels like home.”



FutureCare Sandtown offers warm inviting patient rooms are equipped with Wi-Fi and flat screen televisions.



From I-95: Take 395/Inner Harbor Exit to Martin Luther King Blvd. MLK Blvd approximately 0.5 mile to Franklin Street (Rt. 40). Turn left. West (10 blocks, 4 lights) on Franklin to Gilmore Street. Turn right. North to corner of Mosher & Gilmore.

From North: I-83 South to North Avenue/Mt. Royal exit. Turn right at light. (North Avenue) Continue on North Avenue approximately 1 mile to Fulton Avenue. Turn left. Proceed through 5 lights, continue 1 block further to Mosher Street. Turn left. Go 2 blocks to Gilmore. FutureCare Sandtown-Winchester is on the left.

FutureCare Sandtown-Winchester is located on the northwest corner of Mosher and Gilmore Streets in West Baltimore.



FutureCare

SANDTOWN - WINCHESTER

1000 North Gilmore Street Baltimore, MD 21217
(410) 669-2750 www.futurecare.com

FutureCare

SANDTOWN - WINCHESTER

Featuring
VitalStrong™
Rehabilitation



Getting you home faster and stronger



Our staff prides itself on providing comprehensive short-stay rehabilitation services through our **VitalStrong™** program. VitalStrong™ has been developed to provide state-of-the-art clinical and rehabilitation services utilizing progressive technology, with clinical oversight by a physiatrist – a doctor of physical medicine and rehabilitation.

Our team of experts, including licensed physical and occupational therapists and speech language pathologists, provide therapy services up to seven days per week.

At FutureCare Sandtown we are proud to offer our innovative **HeartStrong** Cardiac Rehabilitation Program. FutureCare's multidisciplinary team works together to improve each patient's overall cardiovascular health.

Our comprehensive **WalkStrong** and **CAMPStrong** rehab programs use state-of-the-art therapy and equipment to get you up and moving quickly. Our goal is to get you back home faster and stronger.



Healthcare Services

- Nurse practitioner and physician services
- Around-the-clock nursing services
- VitalStrong™ – Comprehensive rehab services up to seven days a week featuring state-of-the-art rehab equipment and treatment modalities
- HeartStrong – Cardiac Rehabilitation Program
- WalkStrong – Comprehensive orthopedic rehabilitation
- CAMPStrong - Comprehensive Amputee Management Program
- IV therapy with bedside PICC line placement when needed
- Wound care and pain management
- Pharmacy, laboratory and radiology services
- Nutritional services
- Case management and social services
- Therapeutic recreational activities

State-of-the-Art Rehab Equipment

Alter G Anti-Gravity Treadmill – Allows accurate, safe and comfortable partial weight bearing while promoting normal gait pattern. Normalizes walking mechanics sooner after surgery.

Woodway Treadmill – Specialized high-end treadmill customized for our cardiac therapy patients.

Scifit Recumbent Stepper – Lower extremity exerciser allowing full leg extension to strengthen quadriceps and hamstring muscles.

HawkGrips – Manual soft tissue mobilization instruments used to break down scar tissue and other soft tissue restrictions.

VitalStim Plus – Neuromuscular electrical stimulator which re-educates muscles involved in swallowing.

BITS: Bioness Integrated Therapy System – The computerized activities focus on visual scanning, visual motor, visual pursuit and cognition.

Game Ready – Cold compression system for musculoskeletal and soft tissue injuries.

Jintronix – A mobile virtual reality rehabilitation system.

FEES – Fiberoptic endoscopic evaluation of swallowing.

Biolase Laser – Cutting edge technology designed for painful conditions including muscle and joint pain and stiffness, minor arthritis pain, muscle spasms, minor sprains, strains and back pain.

Neurogym Sit to Stand Trainer – Providing graduated support of the standing and sitting motion to enable safe, effective strengthening of weight-bearing muscles.

E-Stim, Ultrasound and Diathermy are available at all FutureCare locations.