



FutureCare is proud to offer **WalkStrong** - our comprehensive orthopedic rehabilitation. We provide physical, occupational and speech therapy to patients who are recovering from fractures, hip or knee replacements, spinal injuries and other traumatic incidents that impact strength, balance and mobility.

**WalkStrong** is part of the **VitalStrong Rehabilitation program** offered at FutureCare, focused on getting you home faster...and stronger.



# WalkStrong by FutureCare

## FutureCare Canton Harbor

1300 South Ellwood Avenue  
Baltimore, MD 21224  
410.342.6644

## FutureCare Charles Village

2327 North Charles Street  
Baltimore, MD 21218  
410.889.8500

## FutureCare Cherrywood

12020 Reisterstown Road  
Reisterstown, MD 21136  
410.833.3801

## FutureCare Chesapeake

305 College Parkway  
Arnold, MD 21012  
410.647.0015

## FutureCare Cold Spring

4700 Harford Road  
Baltimore, MD 21214  
410.254.3300

## FutureCare Courtland

7920 Scotts Level Road  
Baltimore, MD 21208  
410.521.3600

## FutureCare at Good Samaritan

1601 E. Belvedere Avenue  
Baltimore, Maryland 21239  
(410) 532-5600

## FutureCare Homewood

2700 North Charles Street  
Baltimore, MD 21218  
410.554.6300

## FutureCare Irvington

22 South Athol Avenue  
Baltimore, MD 21229  
410.947.3052

## FutureCare Locheam

4800 Seton Drive  
Baltimore, MD 21215  
410.358.3410

## FutureCare Northpoint

1046 South North Point Rd.  
Baltimore, MD 21224  
410.282.0100

## FutureCare Old Court

5412 Old Court Road  
Randallstown, MD 21133  
410.922.3200

## FutureCare Pineview

9106 Pineview Lane  
Clinton, MD 20735  
301.856.2930

## FutureCare Sandtown

1000 North Gilmore Street  
Baltimore, MD 21217  
410.669.2750

# WalkStrong by FutureCare



VitalStrong.com

**Our orthopedic rehabilitation team has one goal... getting you home faster and stronger.**

The staff at **WalkStrong**. Minimusa plab ipsaepetur si unt. Unt quibus. Nonserrovit fugitinus ab id quis est idicaec earunt dolore conseed magnimusciae veratur magni accum nempor aborrovid ullantoremmod quibusdae conse volupta tendem venda dolorem litatus dandero blab ium ande.

Nam earunt dent voloressus alicium aut ereicae custibus quosse nus eum quam, teturibusti se sinvel il elenimet ipient plandam et ati voluptatem qui ditasit ionesci ducilia nduntisqui dolenis



## A Holistic Team Approach

**Advanced Nursing Care** - Our Team of licensed nurses and nursing assistants are here for you around the clock to provide post-operative wound care, pain management, manage medications and any other assistance you require for your recovery.

**Nutrition** - Our full-time registered dietitian will assist in managing your nutritional needs to optimize wound healing and manage edema, diabetes and other medical conditions.

**Social Services** - Our full-time social service staff will assist you with facilitating discharge planning and coordination of care and services for your return home. In addition, support groups are held on-site weekly by our licensed social workers.

## State-of-the-Art Rehab Equipment

**Hawks Grips** – Manual soft tissue mobilization instruments used to break down scar tissue and other soft tissue restrictions.

**Omnicycle** – Upper and lower extremity bicycle which provides visual biofeedback of performance.

**VitalStim** - Neuromuscular electrical stimulator which re-educates muscles involved in swallowing. The therapist can project a live session onto a computer screen for the patient to see real time results.

**BITS: Bioness Integrated Therapy System** – Interactive touchscreen program for use in PT, OT and SLP. The computerized activities focus on visual scanning, visual motor, visual pursuit and cognition.

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

**FEES** – Fiberoptic endoscopic evaluation of swallowing.

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