

Alexandria Rehabilitation &
Healthcare Center
is proud to introduce a whole
new level of post acute care to
communities throughout
Northern Virginia and
Central Maryland.



Nestled on the western bank of the
Potomac River just south of
Washington DC, our center offers a
comprehensive continuum of specialized
care including orthopedic rehab,
skilled nursing, wound care and
dementia care.









Alexandria is easily accessible from area hospitals and nearby interstate highways.



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#### To foster our patients' safe return home and to minimize hospital readmissions, we offer a wide array of clinical services.

- Post-Operative Subacute Care
- 24/7 Skilled Nursing
- Orthopedic Rehab
- Pulmonary Care
- · Wound Care
- · Restorative Care
- IV Therapy
- · Pain Management
- Urgent SNF™ Stabilization Program
- Nutritional Services
- Dementia Care
- · Hospice / Palliative Care
- Respite Care
- Care Navigation™

# FROM HOSPITAL TO HOME



### **SUBACUTE CARE**

At Alexandria we are dedicated to proactively addressing the rehabilitation needs of individuals recovering from joint replacement, cardiac, pulmonary, neurological, and other acute medical conditions.

Our goal is ensure optimal healing – fully preparing you for your return home.

#### **Benefit from:**

- Physiatry Led Rehabilitation Services
- Physical, Occupational & Speech Therapy up to 7 Days a Week
- Expansive Rehab Gym
- Expert Team of Therapists
- Individualized Plan of Care
- Consulting Specialists
- Coordination of Post-Discharge Care

In our warm and welcoming setting, every patient is made to feel at home!



## PULMONARY CARE

Our Pulmonary Rehabilitation program, under the direction of a pulmonologist and respiratory therapist, is focused on helping patients achieve the most active life possible despite any cardiopulmonary diagnoses and physical limitations.

At Alexandria, our goal is to provide the medical expertise and personal support to help our residents get well, be well, and stay well. To ensure a positive patient experience, we offer an array of aminities including:

- Well-Appointed Patient Suites
- Fine Dining with Menu Selections
- Inviting Lounges & Activity Areas
- Courtyard and Patio
- Complimentary WiFi & Cable
- Housekeeping & Laundry
- Beauty & Barber Services
- Religious Services
- Engaging Activities
- Local Trips & Outings