



Rubeena Vincent, PM&R, NP

Rubeena Vincent is a highly skilled Physical Medicine and Rehabilitation Nurse Practitioner in SNF/ALF setting. She specializes in musculoskeletal, pain and spasticity management. Rubeena's primary focus is on Sub acute rehabilitation; Non surgical orthopedic/musculoskeletal care; Myofascial pain and Neuropathic pain; Musculoskeletal Ultrasound diagnosis and guided injections. Rubeena Vincent's Specialties are: Physical Medicine and Rehabilitation; Neurological Rehabilitation; Geriatric Rehabilitation; Pain Medicine.



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ORTHO WIN

A WINNING APPROACH TO REHAB



Our OrthoWIN Program provides comprehensive sub acute rehabilitation to treat the loss of functional ability in patients with a wide variety of conditions that affect the muscles, bones and connective tissues.

Our comprehensive OrthoWIN Program treats patients with a wide variety of conditions.

Orthopedic problems requiring rehabilitation vary in level of complexity. More serious orthopedic conditions include multiple bone fractures; joint replacement surgeries often accompanied by chronic conditions; and hip, knee and pelvis fractures. These conditions have lifelong consequences and may result in a short-term disability. Recovery not only includes the healing of surgical sutures (sites), but specialized rehabilitation to ensure that affected body parts can operate at their maximum levels of function.

The Alexandria rehabilitation team consists of physicians, physical therapists, occupational therapists, nurses, case managers, registered dietician, psychologist and speech therapist (for those who may require for their rehabilitation). Upon admission to our OrthoWIN Program, our interdisciplinary team members immediately engage patients and families to initiate a comprehensive rehabilitation and discharge plan including:

- ✔ Addressing current rehabilitation needs
- ✔ Establishing rehabilitation goals and expectations
- ✔ Identification of any social barriers to returning home



Meeting Our Patients' Goals

Many patients requiring inpatient orthopedic rehabilitation are of advanced age. Health concerns associated with aging may prevent the orthopedic surgery patient from returning home safely. The Alexandria team specializes in rehabilitation for the orthopedic surgery patient with other concerns such as high blood pressure, history of stroke, cardiac disease, diabetes, osteoporosis, age-related deconditioning, and/or arthritis.

Every OrthoWin patient works to return to his or her desired level of independence through improved strength, improved joint range of motion, assisted or unassisted walking, self-care training and pain management. The rehabilitation team use evidence-based treatments to work with patients to meet these goals while managing medical problems, gauging progress and prescribing medications, equipment and orthotic devices as applicable.

Pathway and Protocol Driven Care

Given the frequency of hip and knee replacement surgeries occurring with individuals in more advanced years, Alexandria has developed structured rehabilitation programs for replacement patients. Rehabilitation goals after these surgeries are often similar. Alexandria has mapped these goals on rehabilitation timelines known as pathways. The pathways help patients know what to expect from rehabilitation in advance, providing them a clear window of when they can expect to return home. Orthopedic protocols for both elective and non-elective orthopedic conditions are customized and dictated by the providers and supported by the following availability of our signature OrthoWIN services:

- ✔ 7 Day Per Week Therapy Services as warranted
- ✔ Physical Medicine and Rehabilitation Physician guided rehabilitation plan
- ✔ Pain Management and Support
- ✔ Wound Care and Management
- ✔ Patient and Caregiver Education
- ✔ Complimentary Home Evaluations- Virtual or In Home



Subacute orthopedic recovery addresses the following conditions:

- ✔ Hip or knee replacements
- ✔ Hip, knee, pelvis and humerus fracture
- ✔ Multiple fractures

Transforming Lives, Restoring Confidence