

Improving the quality of life through in-home care.

- Interdisciplinary Approach to Rehabilitation
- Falls Prevention Program
- Pain Management Solutions
- Strength & Endurance
- Post-Acute Care
- Mobility Function

Interdisciplinary Approach to Rehabilitation

A CareAparent Physical Therapist (PT) can examine and develop routines, strategies, and programs to improve mobility, movement, and function. When you or your loved one suffers from illness, injury, pain, or decline in function due to aging, our Physical Therapists can create a customized Plan of Care to address your desired outcomes.

Falls Prevention Program

Falls can threaten you or your loved one's safety and independence and could lead to hospitalization. CareAparent's Falls Prevention program is designed to provide screening, instructions, practical interventions, and resources to address the risk for falling and create awareness and strategies for avoiding falls. This can help prevent injuries and reduce emergency department visits, hospitalizations, and readmissions.

Pain Management Solutions

An alternative option for pain management is utilizing Physical Therapy. With interventions focused on prevention and management of injuries and disabilities, a CareAparent Physical Therapist will come into the home with the goal to promote healing and restore function and movement. Our Physical Therapist collaborates with you and your primary care physician to help manage challenging and complex pain.

Strength & Endurance

Building a physical base of both strength and endurance promotes functionality, safety, and independence in the home. CareAparent's Physical Therapists can create client-centered home exercise programs tailored to your specific health conditions and functional limitations.

Post-Acute Care

Physical Therapy is a tool that can be utilized to restore mobility, strength, and range of motion. Goals are determined in collaboration with you and the Physical Therapist to achieve optimal recovery outcomes.

Mobility Function

When the ability to move freely and easily is physically challenging, our Physical Therapists can develop and provide ways to improve and maintain mobility with exercises, education, and monitoring. Finding the right combination of lifestyle modifications is essential to navigating and moving safely in your home!