



We offer therapy services for a wide variety of orthopedic and musculoskeletal injuries and disorders, as well as for the general rehabilitation needs.

Our primary goal is to help patients return to their highest level of function and to back to the activities they enjoy.

Our Clinicians provide proactive, exercise oriented therapy with manual techniques, empowering patients to successfully progress through treatment and continue to improve post-rehabilitation.



# STERLING

Pomeroy Living – Sterling  
34643 Ketsin Drive  
Sterling Heights, MI 48310  
(586) 978-2280 ext.214

[pomeroyliving.com](http://pomeroyliving.com)

## Outpatient Rehabilitation Services



Physical



Speech-Language



Occupational

Rehabilitation Services provided by:



**Encore!**  
REHABILITATION SERVICES  
*Excellence in Performance*

*Therapy & Rehabilitation*



## *Clinical Excellence*

Our professional staff consists of certified physical, occupational and speech-language therapists. They are dedicated to applying innovative clinical pathways that ensure each patient receives the utmost care, on a personalized level.



### **Physical Therapy**

- Exercises to restore motion, strength and a greater degree of independence
- Joint & soft tissue mobilization
- Pain management
- Orthotic/prosthetic training
- Education information specific to the injury or illness



### **Occupational Therapy**

- Strengthening specific muscle groups to restore fine and gross motor skills
- Comprehensive home evaluation
- Instruction in adaptive living techniques, joint protection, work simplification, energy conservation and motor skills coordination
- Customized adaptive equipment



### **Speech-Language Pathology**

- Improved functional communication skills and speech production
- Improved oral feeding and swallowing skills
- Improved memory and thinking or establishing compensatory strategies in these areas

## *Progressive Clinical Programming*

Our outpatient program utilizes the latest techniques and equipment while providing specialized services for individuals with various injuries or disorders.

### **Diagnoses**

- Spinal Cord Injury Programs
- Dementia & Memory Programs
- Rehabilitation after Orthopedic injury/replacement
- Arthritis Programs
- Pain Programs
- Productive Aging Health Programs
- Driving Safety
- Joint Protection
- Back Care
- Falls / Balance Program
- Leisure Activity
- Enhancement (Golf, Hiking, Walking, Gardening)
- Cardiac Programs
- Incontinence
- Programs for Seniors
- Multiple trauma

In our outpatient rehabilitation program, the focus is always on helping individuals return to their prior roles and activities of daily living.

## *Accepted Insurance Payment Methods*

We accept payment from most insurance plans including Medicare. Please call us if you have questions on whether your health insurance is accepted at our facility.

## *Referral Services*

Patients may contact the outpatient center directly; however, a physicians prescription is necessary to initiate treatment.

Rehabilitation Services provided by:

