

What to Bring

- Well-fitting, supportive shoes with:
 - laces or velcro to fasten
 - closed-in heels
 - firm, non-slip rubber soles
- Supportive well-fitting slippers with non-slip rubber soles and closed-in heels
- Several changes of comfortable clothes and sleepwear, preferably pants
- Current medications or list of medications – prescription and non-prescription
- Date and location last flu vaccine was received
- Hearing aids, batteries, eye glasses and dentures
- Personal care items, toiletries and Kleenex
- Please do not bring large amounts of money or jewelry.
- St. Joseph's Health Care London is not responsible for the loss of personal items.

As part of our role in promoting a healthy community, and to better support those we serve, St. Joseph's is a smoke-free organization. Smoking is not permitted on hospital property, including parking lots and the parking garage. Those who wish to smoke must do so off hospital property.

Other Information

- Visitor parking is available at a cost of \$4 per day - monthly passes are available.
- Telephone, television, hairdressing, barber and chiropody services are available upon request at your expense.
- The majority of rooms are 4 bed rooms. Bed assignments are made based on clinical need and availability.
- There is a possibility that you may share rooms with males and/or females
- There are weekly religious worship services
- Visiting hours are 11:30 a.m. to 8:30 p.m. Therapy may occur during these hours. Visitors may need to wait until you are available.

If you and your family members have questions please call:

519 685-4004

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



sjhc.london.on.ca

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.

Parkwood Institute

Welcome to the Musculoskeletal Rehabilitation Unit

The next step in your
Rehabilitation Journey

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



WELCOME!

We are a 20-bed unit located on the 5th floor of Parkwood Institute's Main Building.

Depending on your progress we anticipate your length of stay to be 10-30 days. We are committed to serving you with respect, compassion and excellence.

Our goal is to provide you with the right care, at the right time, in the right place, to ensure a safe and timely discharge.

At times investigative tests/procedures and/or consults are needed to improve your health care. Medical tests may be carried out at other facilities. Your team will discuss with you how transportation will be arranged.

Your Health Care Team

- Doctors
- Nurses
- Physiotherapists
- Occupational Therapists
- Physio/Occupational Therapy Assistants
- Therapeutic Recreation Specialists
- Speech Language Pathologists
- Audiologists
- Registered Dietitians
- Social workers
- Spiritual Care Chaplains
- Other health care individuals

You and your family members play a very important role in achieving your rehabilitation goals.

Motivation

Motivation is the key to a successful "rehab". To achieve this, your participation involves the following:

- Taking initiative in your self care, i.e. washing, dressing, toileting, eating etc.
- Sitting up in your chair for breakfast and attending lunch and supper in the dining room daily
- Attending therapy sessions, i.e. PT and OT
- Participating in walking programs and other exercise groups
- Participating in discharge planning and arranging alternative options if needed