



# SAUNDERS HOUSE

MAIN LINE SENIOR CARE ALLIANCE

CELEBRATING  
150 YEARS!

A Healthy Tradition of Care and Wellness

## Tips on Transitioning Safely from the Hospital to Home

After you've had surgery and left the hospital, short-term rehabilitation centers can provide a continuation of the high-quality care that you need to achieve a successful recovery. At Saunders House, our short-term rehabilitation program, called **RenewAll Short-Term & Medically Complex Care**, combines skilled doctors, nurses and therapists with the latest in rehabilitation therapies to assure that your care continues and you achieve a full and speedy recovery, plus a safe return home.

### The Benefits of Short-Term Rehabilitation after Your Surgery

Skilled post-surgery rehabilitation offers significant improvements in the way of patient comfort, functional ability and a return to their normal lifestyle. According to medical experts, the specific benefits associated with post-surgical rehab include:

- **Reducing your post-surgery pain and swelling** – Although moving after surgery can sometimes be uncomfortable, it is very important to stretch your muscles and get moving again. This has proven to enhance your recovery process. The longer you remain in bed, the worse it can be for your recovery.
- **Shortening your recovery time** – Therapy has proven effective in reducing your overall time of recovery, thereby enabling you to return to your normal daily activities sooner.
- **Improving your function, mobility and independence** – Spending time in a hospital bed after surgery often causes your muscles to atrophy and weaken. Therapy helps to rebuild your muscles so you can regain your normal range of mobility, functioning and physical independence.
- **Returning to the lifestyle you most enjoy** – Some surgical patients may have lost the ability to perform certain functions that are important for their lifestyle. Certified therapists specialize in creating rehabilitation plans that can help you regain the capabilities you need in order to continue to do the things you most enjoy.
- **Enjoying the support and involvement of your family** – When you recover in a post-hospital rehabilitation center such as Saunders House, your family members are not only welcome, but also actively encouraged to support your rehabilitation and recovery.

### Discover our Healthy Tradition of Care and Wellness

Located adjacent to Lankenau Hospital, **Saunders House** – [part of Main Line Senior Care Alliance](#) – has a celebrated tradition of providing [exceptional care and services](#) to seniors and their families. It's a tradition we're proud to continue.



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Today, Saunders House offers a range of services including [short-term rehabilitation](#), [traditional nursing care](#), [restorative care](#), [memory care](#), [respite care](#) and specialized care for individuals with visual impairments – all in a setting that is warm, welcoming and nurturing.

For more information on **Saunders House**, our Short-Term Rehabilitation program and other professional services, please call us today at **(610) 658-5100** or [contact us](#) online.

**Disclaimer:** *The articles and tip sheets on this website are offered by Saunders House/Bryn Mawr Terrace and Main Line Senior Care Alliance for general informational and educational purposes and do not constitute legal or medical advice. For legal or medical advice, please contact your attorney or physician.*