# Stroke Recovery Program

Outpatient rehabilitation and medical services offered through The NRH Regional Rehab may be received a la carte -- or as part of a full-service, interdisciplinary program of care at convenient neighborhood locations. Rehabilitation and medical services are available for individuals who have recently completed inpatient rehabilitation and for individuals who require skilled outpatient intervention at any point post-stroke. Specialized outpatient rehabilitation and medical services include medical care, rehabilitation nursing, physical therapy, occupational therapy, speech-language pathology, psychology, vocational rehabilitation, and therapeutic recreation. In addition, to these disciplines, other specialized outpatient services are available to persons with stroke are:

* Falls Prevention and Balance Rehab Programs
* Low Vision Program
* Urology services, including urodynamics laboratory
* Home and worksite evaluation and accommodation
* Wheelchair seating and mobility assessment
* Spasticity Clinic
* Eating and swallowing management
* Augmentative/alternative communication clinic
* Gynecology and obstetrics consultation
* Driving evaluation and training
* Continence Program

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In addition, NRH offers a Day Treatment Program for individuals who require comprehensive rehabilitation, but are able to return home at the end of the day. Participants take part in individual and group treatment three to five times a week for approximately five hours per day. Participants work on individual goals in functional individual and group environments in order to maximize carryover of skills to community settings.

# *Staff and Facilities*

The Stroke Recovery Program team is made up of highly qualified professionals with expertise in stroke rehabilitation. Care is directed by medical specialists who are trained and board-certified in neurology and in physical medicine and rehabilitation. NRH's coordinated system of rehabilitation facilities situated in accessible locations throughout the District of Columbia, Maryland and Northern Virginia provides a consistency of care for all patients.

## Service Locations

MedStar National Rehabilitation Hospital
102 Irving St NW
Washington, DC 20010
202.877.1000

NRH Rehabilitation Network, Bethesda
6410 Rockledge Drive, Suite 600
Bethesda, MD 20817
301.581.8030
Mon - Fri 7:00am - 5:30pm

NRH Rehabilitation Network, Montrose
6001 Montrose Road, Suite 402
Rockville, MD 20852
301.984.6594
M-F 7:30am - 6:00pm Sat 8am-12noon

Peninsula/NRH Rehabilitation Network, Salisbury
1655 Woodbrooke Drive
Suite 102
Salisbury, MD 21804
410.546.2702
Please contact location for hours.

MedStar NRH Rehabilitation Network, Irving Street
102 Irving Street, NW
First floor, outpatient gym
Washington, DC 20010
202.877.1760
M-Th 7a-7p; Fri 7a-5:30p

MedStar NRH Rehabilitation Network, Bel Air
658 Boulton Street, Suite A
Bel Air, MD 21014
410.638.9400
MW 7:30am-8pm, TTH 7am-8pm, F 7am-5pm,

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MedStar NRH Rehabilitation Network, Dundalk
1576 Merritt Boulevard, Suite 7
Dundalk Professional Center
Baltimore, MD 21222
410.650.2145
MW 8am-8pm; TR 7am-8pm; F 8am-5pm

NRH Rehabilitation Network, Germantown
20500 Seneca Meadows Parkway, Suite 101
Germantown, MD 20876
301.916.8500
M-Thur 7a-8p; Fri 7a-5p; Sat 8a-12noon

NRH Rehabilitation Network, Olney
18109 Prince Philip Drive, Suite 155
Olney, MD 20832
301.570.3138
M-Th 7am-7pm, F 7am-5pm, Sat 8:30am-11:30am

MedStar NRH Rehabilitation Network, Mitchellville
12158 Central Avenue
Mitchellville, MD 20721
301-390-3076
M-Th 7am - 7pm; F 7am-4:30pm

MedStar NRH Rehabilitation Network, MedStar Good Samaritan Hospital
5601 Loch Raven Boulevard
Walker Building, Suite 101
Baltimore, MD 21239
443-444-5757
MWF 8a - 4:30p; T Th 8a - 6:30p

NRH Rehabilitation Network, Waldorf
3 Post Office Road, Suite 105
Waldorf, MD 20602
301-893-2345
M-Th 7am- 7pm ; Fri 7am-5pm

NRH Rehabilitation Network, Friendship Heights
5530 Wisconsin Avenue, Suite 960
Chevy Chase, MD 20815
301.986.4745
M-Th 7am-7pm, Fri 7am-5:30pm

NRH Rehabilitation Network, St. Mary's
24035 Three Notch Rd
Philip J.Bean Medical Center
Hollywood, MD 20636
301-373-2588
M 7am-7pm; T/Th 8am-7pm; W/F 7am-5pm

MedStar NRH Rehabilitation Network, Ellicott City
Dorsey Hall Medical Center
9501 Old Annapolis Road, Suite 125
Ellicott City, MD 21042
410-997-1063
Monday - Friday 8:00am - 6:00pm

MedStar NRH Rehabilitation Network, Pasadena
MedStar Health Park
8109 Ritchie Highway - Entrance B
Pasadena, MD 21122
410.590.8750
M-Th 7:30am-6:30pm, F 7:30am-4:30pm

NRH Rehabilitation Network, Wheaton
2730 University Boulevard West
Suite 812
Wheaton, MD 20902
301-962-7612
M,W,F 8am-7:30pm; T,Th 7am-7pm & Sat 8am-12pm

*Last updated 5/17/2013 4:00:14 PM*

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