

Led by **Stephen Wills, MD**, medical director, University of Maryland Shore Regional Health's Comprehensive Rehabilitation Services provide a broad range of rehabilitation, pain management and health enhancement services. In diverse locations throughout the five-county region, our services and programs are provided by an exceptional team with expertise in many fields, including: rehabilitation medicine and nursing; neurology; orthopaedics; pain management; physical, occupational and speech therapy; and complementary therapies.

We hold advanced training and professional development in high regard and aim for best practice by participating with national organizations that measure inpatient and outpatient outcomes in clinical care and patient satisfaction. Overall, our services are accredited by **The Joint Commission** and our nurses are Magnet\*-recognized by the **American Nurses Credentialing Center (ANCC)**.

Additionally, our Requard Center for Acute Rehabilitation has earned continuous accreditation by the **Commission on Accreditation of Rehabilitation Facilities (CARF)** since 2009. Its Stroke Specialty Program is also CARF accredited.



UNIVERSITY of MARYLAND  
SHORE REGIONAL HEALTH

For information about inpatient or outpatient rehabilitation services, contact Elizabeth Todd, MS, BSN, RN I-V, CCRN at 410-822-1000, ext. 5857 or [etodd@umm.edu](mailto:etodd@umm.edu).

Physician referrals may be sent to [RehabReferrals@umm.edu](mailto:RehabReferrals@umm.edu).

*UM Shore Regional Health Comprehensive Rehabilitation Services is a proud member of the University of Maryland Rehabilitation Network (UMRN).*

[umshoreregional.org](http://umshoreregional.org)

# COMPREHENSIVE REHABILITATION SERVICES



UNIVERSITY of MARYLAND  
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## INPATIENT REHABILITATION

### Requard Center for Acute Rehabilitation

UM Shore Medical Center at Easton  
219 S. Washington Street, Easton, MD 21601  
410-822-1000, ext. 5845

Centrally located at UM Shore Medical Center at Easton, the Requard Center enables patients on Maryland's Eastern Shore and in neighboring counties of Delaware to receive the best medical care and support toward their recovery from injury, surgery, or illnesses while staying in daily contact with their network of family and friends.

The Requard Center provides acute rehab care for those recovering from injury, surgery or illness. Requard patients benefit from:

- Intensive hospital-level care led and provided by a rehabilitation physician
- Rehabilitation nursing, physical therapy (PT), occupational therapy (OT) and speech/language pathology (SLP)
- State-of-the-art and robotic rehabilitation technologies including **Gait Rite**, **Lite Gait** and **InMotion Upper Extremity Robot**
- Case management and outcomes management

The Requard Center has earned continuous accreditation by the **Commission on Accreditation of Rehabilitation Facilities (CARF)** since 2009. Its Stroke Specialty Program is also CARF accredited.

### UM Shore Nursing & Rehabilitation Center at Chestertown

200 Morgnec Road, Chestertown, MD 21620  
410-778-4550

Certified by both Medicare and Medicaid, UM Shore Nursing & Rehabilitation Center at Chestertown is a comprehensive, 98-bed skilled nursing facility. The Center's fully licensed and credentialed rehab team provides a less intensive level of subacute care and is well-known for providing outstanding care for patients recovering from surgery or hospitalization.

## OUTPATIENT REHABILITATION

Shore Comprehensive Rehabilitation offers diverse outpatient rehabilitation services in several locations throughout the five-county region. Services include:

- Balance Rehabilitation (certified)
- Bertec Balance Testing & Training
- Cancer Rehab
- Canalith Repositioning
- Complete Decongestive Therapy (CDT)
- Fatigue Therapy
- Hand Therapy (certified)
- Headache Therapy
- Joint Replacement Therapy
- Lee Silverman Voice Therapy
- Lokomat Robotic Gait Therapy
- Lymphedema Therapy (certified)
- Manual Therapy (certified)
- Neurologic Rehab
- Occupational Therapy
- Pain Care
- Parkinson's Therapy (LSVT<sup>®</sup> Big & Loud)
- Pelvic Pain
- Physical Therapy
- Prosthetics and Orthotics (P & O) Clinic
- Spine Rehab
- Swallowing Therapy
- Speech & Language Therapy
- Vestibular Therapy

### Shore Rehab at Cambridge/The Balance Center

309 Sunburst Highway, Suite 15, Cambridge, MD 21613  
410-221-0029

### Shore Rehab at Denton

920 Market Street, Denton, MD 21629  
410-479-3300

### Shore Rehab at Easton/Regional Swallowing Center

10B Martin Court, Easton, MD 21601  
410-822-3080

### Shore Rehab at Queenstown

UM Shore Medical Pavilion at Queenstown  
125 Shoreway Drive, Suite 280  
Queenstown, MD 21658  
410-827-3818

### The Orthopedic Center

(Joint Venture with UM SRH)  
510 Idlewild Avenue, Easton, MD 21601  
410-820-8226

## PAIN CARE

### Shore Comprehensive Pain Care

219 S. Washington Street, Easton, MD 21601  
410-822-1000, ext. 5226

Shore Comprehensive Pain Care provides a state-of-the-art approach to pain care, including:

- Medication management
- Minimally invasive in-office procedures
- Outpatient fluoroscopic image-guided interventional procedures
- Physical therapy
- Lifestyle education and coaching
- Referral for nutrition education and smoking cessation resources
- Participation in Chronic Pain Self Management classes

## THE BALANCE CENTER

309 Sunburst Highway, Suite 15, Cambridge, MD 21613  
410-229-0029

Led by otolaryngologist Morris Z. Efron, MD, program medical director, the Balance Center team assists physicians in the treatment of patients with balance problems associated with dizziness/vertigo, musculoskeletal disorders and neurologic conditions. These are identified through the Center's state-of-the-art Bertec equipment, which also is used for retraining to improve balance and stability, thereby decreasing fall risk. Each patient benefits from an individualized treatment plan that includes education/coaching, strengthening of key muscle groups to improve balance skills, and integrating the function of all three balance systems (vision, sensory, vestibular).

## COMPLEMENTARY THERAPIES

### Center for Integrative Medicine

522 Cynwood Drive, Suite 300, Easton, MD 21601  
410-770-9400

The Center for Integrative Medicine provides a variety of complementary therapies in a warm, personal and caring way.

These therapies include:

- Acupuncture
- Massage: Deep Tissue, Myofascial, Oncology, Swedish and Infant
- Psychotherapy: Cognitive Behavioral Therapy (CBT)
- Reiki