



High Intensity Rehab Mackenzie Richmond Hill Hospital

Who is part of the High Intensity Rehab team?

You and your family are key members of the team, recognizing your right to be involved and make informed decisions in your care.

Your interdisciplinary team includes: your attending physician, physiatrist (as required), nurse practitioner, nurse educator, nurse, physiotherapist, occupational therapist, therapy assistant, recreational therapist, music therapist, complementary therapist, speech language pathologist, dietician, social worker, patient care coordinator and pharmacist.

What does the program offer?

We provide specialized goal-oriented and personalized rehabilitation based on patient needs, improving the lives of adults recovering from injury or illness. Active participation is critical.

We offer individual therapy sessions that focus on improving mobility and activities of daily living to help patients return home and reintegrate into their lives. Circuit training and group classes may also be available. The rest of the time you will be encouraged to be dressed daily, wear proper footwear and be as independent as possible in your mobility and self-care.

What can I expect?

Based on your goals set with the therapy team, you will be expected to actively participate in therapy sessions as well as your own self-care, and you will be given exercises to do between therapy sessions. For high intensity rehab and complex care patients, the expectation will be to go home by the date established by the team based on your achievable goals. Length of stay is dependent on progress and participation.

What do I need to bring: footwear, clothing and personal care items