

## Therapy Services:

### RESPIRATORY THERAPY / PULMONARY REHABILITATION

Improve the functional capacity and the quality of life for persons with asthma, emphysema, chronic bronchitis, pulmonary fibrosis and other lung conditions.

### PHYSICAL THERAPY

Treatment options for osteoporosis, arthritis, gait and balance difficulties, orthopedic surgery and musculoskeletal injuries.

### OCCUPATIONAL THERAPY

Assistance and training with activities of daily living, adaptive devices and functional evaluations.

### NUTRITIONAL SERVICES

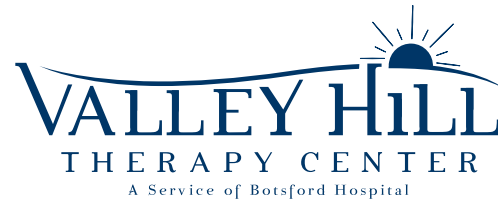
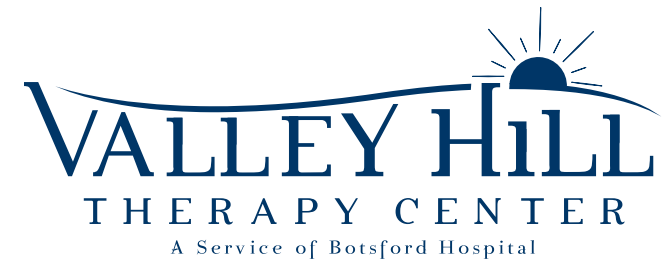
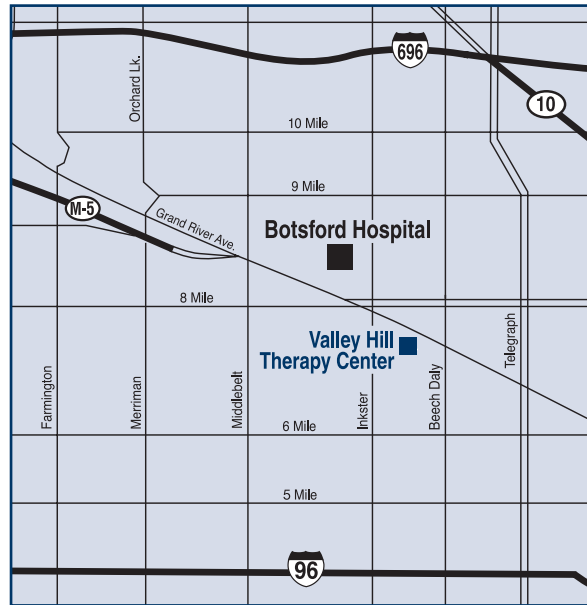
Nutritional assessments, diet and meal planning, diabetes counseling and education, and heart healthy nutrition guidance.

### MEDICAL SOCIAL WORK

Individual and family assistance including transportation needs, community resources, rehab financial issues and interventional counseling.

### WELLNESS AND FITNESS

Personal training, aquatics programs, group aerobic exercises, healthy cooking demonstrations and heart healthy training at the nearby Botsford Center for Health Improvement.



26905 Grand River Avenue  
Redford, MI 48240

A few blocks east of Inkster Road

Office: (313) 387-3800

Fax: (313) 387-3838

[www.botsford.org/valleyhill](http://www.botsford.org/valleyhill)

Monday to Friday: 8:30 a.m. - 5:00 p.m.



rev. 11/07

**Pulmonary  
Rehabilitation &  
Physical Therapy**

**Valley Hill Therapy Center**, a service of Botsford Hospital, is one of Southeast Michigan's premier outpatient rehabilitation facilities. We specialize in Pulmonary Rehabilitation and Physical Therapy.

Pulmonary rehabilitation focuses on controlling the symptoms that are limiting your activities and your quality of life. This increases your ability to live independently and to participate in the home and community activities you enjoy so much.

- Control the symptoms of your pulmonary condition: shortness of breath, fatigue, wheezing and coughing
- Slow the progression of your lung disease
- Increase your ability to live independently
- Fewer trips to your doctor's office or the Emergency Room for respiratory problems
- Increase your strength and endurance



Get started today by calling  
**(313) 387-3800**

- Convenient handicap parking at the facility entrance - no long walks!
- Easy access, right in your neighborhood
- Close to your doctor's office
- Flexible to your scheduling needs
- Our Medical Director is a Board-Certified Pulmonologist
- We accept Medicare, Blue Cross, and most insurances

- Call for a free tour
- Talk to current clients
  - Meet our staff
- Discuss insurance coverage

Unlike many independent therapy centers, Valley Hill is a hospital-affiliated facility. As such, we are required to meet the rigorous hospital accreditation standards of the American Osteopathic Association.

*See for yourself how Valley Hill will work with you to improve your pulmonary function.*