"Stellar Rehab provides a friendly, warm environment that made my sessions a very positive experience."

– Dave, Madison

Physical Therapy

Stellar Rehab's physical therapists customize a treatment program to meet each client's distinctive needs. Stellar's goal is to restore, maintain, encourage, and adapt movement/dysfunction to promote optimal wellness through exercise, pain reduction, and physical agent modalities.

Stellar's PT treatments, for adults, seniors, and children may address such conditions as:

- Orthopedic/sports injuries/surgeries
- Neck, back and spinal disorders
- Hip and knee pain
- Hand/shoulder/rotator cuff dysfunction
- Fractures, sprains, strains, dislocations
- Arthritis, tendonitis, bursitis
- Gait and balance dysfunction
- Joint replacement rehab
- Foot disorders/neuropathy
- Stroke/cardiac disorders
- Fibromyalgia
- Headaches and TMD

"After two months of physical therapy at Stellar Rehab, I was able to return to work pain-free and without restrictions."

–Jeannie, Oregon

Specialty Therapy Services

Kinesiotaping This Japanese taping technique literally re-educates muscles to work the right way and assists with pain reduction and decreasing inflammation. Stellar Rehab's therapists can kinesiotape to:

- Reduce muscle spasms
- Facilitate muscle contraction
- Reduce tone and tension
- Provide ligamentous support
- Evacuate edema
- Access lympathic portals for lymphedema (through specialized taping)

Myofascial Release Stellar Rehab's use of this special technique helps to realign a body's fascial system. If impaired, this connective tissue support system, which surrounds every muscle, ligament, and organ in the body can become twisted or restricted, thus causing pain and dysfunction. Through myofascial release, which is often overlooked by conventional medicine, Stellar Rehab's therapists can help to facilitate the body's healing process and promote realignment of this vital system.

Anodyne Therapy This specialty therapy is used by Stellar Rehab to alleviate pain and discomfort through use of infrared light to heal and treat muscle, tendon, and ligament injuries, as well as peripheral neuropathy, fibromyalgia, arthritis, lymphedema, and many other disorders.

"Stellar used a whole new approach that gave me positive results beyond what I expected."

– Bonnie, Dodgeville

Speech Therapy

Stellar Rehab's speech and language pathology program focuses on the client's difficulty with verbal and/or written communication. It involves diagnosis, assessment and treatment of physical and/or cognitive deficits/disorders concentrating on improving:

- Speech (articulation, intonation, rate, and intensity)
- Language (phonology, morphology, syntax, semantics, pragmatics, and receptive and expressive language such as reading and writing).

Stellar's speech therapy program is especially beneficial to those coping with:

- Stroke rehabilitation
- Accent modification and/or dialect reduction needs
- Hearing loss
- Stuttering
- Articulation disorders
- Dysphagia/swallowing disorders
- Dysarthria

Occupational Therapy

Stellar Rehab's occupational therapy program evaluates and treats the "whole" person, including physical and psychosocial wellness. Stellar's customized OT programs incorporate activities, exercise, and physical agent modalities to restore, maintain, develop, and adapt tasks to reduce pain and improve each client's functional independence in performing activities such as:

- Utilizing upper extremities for work-related tasks
- Fine motor skills (i.e., writing, buttoning, typing)
- Grooming/hygiene
- Dressing
- Reaching overhead
- Sensory modulation and sensory integration

Stellar's OT programs are tailored to address:

- Injuries from work or auto accidents
- Stroke rehabilitation
- Upper extremity injuries
- Lymphedema/edema control
- Coordination disorders
- Cognition retraining

Homecare Services

Recover Health is a full-service, Medicare Certified Home Health Agency, providing Registered Nurses to address patients' needs in the comfort of their home. Stellar Rehab began a therapy partnership with Recover Health Homecare in 2010. Stellar's therapists travel throughout the greater Dane County area to make in-home visits under homecare guidelines to increase function, safety, strength, balance, safety, mobility and overall health in the patient's home environment. If additional outpatient therapy services are required after discharge from homecare services, Stellar Rehab can address those needs in the outpatient setting. Stellar Rehab and Recover Health Homecare have expanded greatly with this partnership and plan to reach into surrounding counties in the near future.

Geriatric Therapy Services

Stellar Rehab offers outpatient therapy services onsite in many senior communities throughout the Madison area to eliminate the hassle of travelling for therapy. The goal of Stellar's geriatric services is to improve the quality of our seniors' lives by helping to increase their safety and maintain independence, which reduces the need for skilled nursing facilities. Stellar Rehab communicates with physicians and staff regarding each client's plan of care and progress.

Stellar Rehab's geriatric outpatient locations include:

- All Saints Retirement Center
- Sylvan Crossings Assisted Living Centers
- Willow Pointe Assisted Living & Memory Care Center
- Aster Retirement Communities
- Avalon Assisted Living Community
- Harmony Living Centers, LLC
- Kindred Hearts Senior Living
- Legacy Gardens Assisted Living
- Meadowmere Madison Assisted Living Community
- Parkside Senior Lifestyle Community
- Emerson Assisted Living Boutique

"Stellar helped to get my grandmother back home living independently, with only minimal assistance from our family."

– Clara, Fox Lake, Ill.

Contractual Therapy Services

Stellar Rehab is one of the only local, comprehensive outpatient therapy clinics that is Medicare certified at additional locations in the greater Madison area such as: Cottage Grove, DeForest and Sun Prairie, Fitchburg, Madison—East, Madison—West, Middleton and Waunakee, with other sites to be added. Stellar's satellite locations offer the same one-on-one innovative, personalized hands-on services to bring exceptional therapy services to a greater number of clients throughout a larger geographical area.

Current and previous contractual therapy services have been provided by Stellar Rehab with the following agencies:

- Recover Health Home Care
- Bright Star Care, Inc.
- Heartland Hospice Care
- Meriter Home Care
- Southern Care, Inc.
- Select Specialty Hospital of Madison
- Care Wisconsin First, Inc. (formerly ElderCare of Wisconsin)
- HospiceCare

Stellar Staffing Services

Whether the need is for temporary, permanent, part-time, PRN, or maternity leave coverage, Stellar Rehab can provide:

- Physical therapists
- Occupational therapists
- Speech/language pathologists
- Physical/occupational therapy assistants

For innovative therapy services delivered with a personalized, hands-on approach, contact Stellar Rehabilitation or visit our web site, www.stellarrehab.com.

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Stellar Rehabilitation, llc
Comprehensive Therapy Services

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Verona, WI 53593

Stellar Rehabilitation, llc

One-on-one care with a hometown feel… innovative therapy services delivered with a personalized, hands-on approach

Comprehensive Therapy Services

Physical | Occupational | Speech
Geriatric | And More

Stellar Rehabilitation, llc provides comprehensive, innovative therapy services to meet our clients' unique needs. Each individual's customized program uses one or more therapy approach(es) to achieve the best possible results.

Our physical, occupational, speech, massage and geriatric therapy programs offer:

- A caring, comfortable atmosphere using the most up-to-date techniques
- Personalized, hands-on methodology
- Individualized treatment plans for faster results
- Thorough evaluation and treatment of the whole person

Stellar Rehab accepts most standard insurance plans and communicates with physicians regarding each client's plan of care and progress. By building a trusting, empathetic relationship with each client and doctor, Stellar's therapists evoke positive improvements, both physically and mentally.

Stellar Rehabilitation opened its doors in January 2004 and is a therapist-owned and operated company that is dedicated to providing superior customer service. Owner, Susan Armstrong, M.P.T. is a graduate of the University of Michigan's Physical Therapy Program. Her expertise lies in areas of myofascial release, neck and back injury, orthopedics, home health, wound care, pediatrics, and geriatric care. Susan is also experienced as a manager and rehabilitation director.