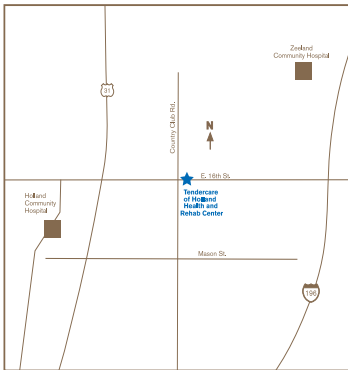


## Testimonials:

• *"When I first got here I couldn't even sit on the side of the bed. Before ACP, I was not able to walk or lift my arm and leg. After receiving the ACP treatments, I am now able to walk with the assistance of a walker as well as lift my arm and leg."*

- Jerry, Former Electrical Stimulation Patient

• *"I couldn't do anything when I first came here. I now have full movement in my arm and less pain in my knees. Now I am able to do all the daily activities I used to. I can get dressed, take a bath and do things around my house. It makes me so happy knowing what a great job the team did and how much I have improved."* - Mary, Former Electrical Stimulation Patient



## Tendercare of Holland HEALTH AND REHAB CENTER

Tendercare of Holland Health and Rehab Center  
1221 E. 16th Street  
Holland, MI 49423  
Phone: 616.396.7095 . Fax: 616.396.7157  
[www.tendercareholland.com](http://www.tendercareholland.com)

This center does not discriminate in access to or provision of services.

Part of the  
**EXTENDICARE**<sup>®</sup>  
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YOUR REHABILITATION  
**Plan For a More  
Independent Future**

WITH  
**Accelerated Care Plus (ACP)**

*...helping people live better*

## Receive the Care You Deserve

We provide the care you deserve through advanced therapeutic equipment, progressive rehabilitation techniques, skilled therapists and an individual approach designed to improve your health and restore your independence.

Our healthcare team works with you to create an individualized treatment plan that best suits your goals and conditions. We do this through:

- Safe, non-invasive and medication-free treatments
- Advanced rehabilitation techniques / modalities supported by scientific research and years of development
- Specialized treatment programs designed to help individuals return to the activities they enjoyed with a higher level of independence and safety



## A Program Designed for You

Our programs were developed with the unique needs of each individual in mind to help promote comfort, independence and recovery. Our goal is to help you manage your pain, enhance your healing process and increase your overall strength and endurance. The programs address a range of common conditions including the following:

- Carpal Tunnel Syndrome
- Peripheral Neuropathy
- Urinary Incontinence
- Stroke Symptoms
- Wound Care
- Fall Prevention
- Rheumatoid and Osteoarthritis
- Knee and Hip Replacement / Post-Fracture Care
- Orthopedic Rehabilitation

## You Are What Matters Most

Our specialized treatment programs are an important example of our commitment to quality care. We provide advanced rehabilitation modalities and training for our therapists to help you achieve your goals. You are what matters most.

**Please call 616.396.7095 to learn more about our Accelerated Care Plus options for your care plan.**