



*At Home with Family.
At Home with Care.*

Orthopedic Rehabilitation

Developed in collaboration with area orthopedic surgeons and hospital departments of rehab medicine, JointMotion brings post-operative care of joint replacement and other orthopedic procedures to your home. This unique multidisciplinary, outcomes-driven program helps patients recover more quickly, promotes functional independence and reduces hospital readmissions.

About Us

The Visiting Nurse Association & Hospice of VT and NH is a dynamic non-profit homecare organization. Committed to providing clinically excellent home health care and support services to individuals and their families, we also serve our communities with education and wellness programs. We span 100 towns and 3600 square miles, and make over 150,000 home visits to 6000 patients each year, caring for people of all ages and at all stages of life.

Contact Us

Admissions/Referrals

PHONE: 1-800-575-5162
TDD: 1-800-735-2964

Business Office

1-888-300-8853

Donation Address

PO BOX 976
White River Junction, VT 05001

Web

www.vnavnh.org

Service Area Map



A United Way Partner Agency

JointMotion

Physical Rehabilitation



Admission/Referrals: 800-575-5162



Visiting Nurse & Hospice
of Vermont and New Hampshire

Better Care Begins at Home

Compassionate care, excellent customer service and the highest clinical quality – that's what VNAH patients have come to expect from our experienced therapists and skilled home health team. Visiting Nurse & Hospice of VT and NH, a regional homecare leader, has set the clinical standard for today's fastest-growing segment of health care – HOMECARE. By creating innovative solutions that lead to high-quality outcomes, our patient-centered approach improves quality of life and independence.

“My therapy exercises were magical, for I am now out of pain. My nurses and physical therapist have truly helped me to recover. I had the BEST care.”



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Physical Therapy

We make the transition from hospital to home as easy as possible. A therapist will perform an evaluation and formulate a treatment plan tailored to individual patient needs. Treatments may include:

- Therapeutic exercises to improve trunk and extremity strength, range of motion, balance, endurance and general reconditioning
- Bed mobility and transfer training, to allow patients as much independence as possible
- Necessary assistive devices or medical equipment; ultrasound, heat or ice, as needed
- Massage to decrease pain, manage scar tissue, muscle spasm, and/or edema, and improve flexibility
- Patient education about diagnosis and prognosis; teaching and support for family and caregivers
- Home safety and fall prevention evaluation
- Pain management techniques, post surgery or injury.

Occupational Therapy

Services are provided for conditions where the upper motor activity is affected and for assistance with activities of daily living. The goal of therapy is to help a patient become as independent as possible. Services include:

- Instruction and training for dressing, bathing, and other activities of daily living
- Strengthening of upper body and trunk
- Assessment and evaluation of fine motor activity and treatment to improve function.

Other Services

Our expert home health team will create an individualized therapy plan based on your physician's orders. Services include:

- Skilled nursing when necessary
- Coumadin blood level monitoring
- Staple / suture removal
- Wound assessment
- Dressing change

Our specialized team is dedicated to maximizing your home recovery and helping you progress to outpatient therapy when appropriate.



More Information

Your physician or hospital discharge planner can make a referrals for our services. You may also request information for yourself, a family member or other individual.

Call 800-575-5162 for information.