WHITTIER
Rehabilitation Hospital
MEMBERS OF THE WHITTIER HEALTH NETWORK:
DEDICATED TO YOUR WELL-BEING

COMPLETE REHABILITATION SERVICES

A seamless continuum of care

Table of Contents

Click to jump to your area of interest.

About Whittier Health Network
Long-Term Acute Care (LTAC)
Acute Rehabilitation (IRF)
Specialized Inpatient Care
Whittier Way: The Whittier Difference
Transitional Care Unit (TCU)
Outpatient Services
Aquatic Therapy Program
Outpatient Neurology Rehabilitation Program
AlterG® Anti-Gravity Treadmill®
Referrals & Admissions
Our Locations
For More Information



Long-Term Acute Care | Acute Rehabilitation | Transitional Care | Outpatient Services

Whittier Rehabilitation Hospitals are both proud to be accredited by The Joint Commission. Whittier Rehabilitation Hospital Bradford also has Joint Commission Certification for Pulmonary and Stroke.

CHOOSE WHITTIER



It's important to know that you always have a **choice** in your healthcare options. It is **your** road to recovery. At Whittier, our goal is to ensure that patients have the **freedom** to make the choices that are important to them and their families. Whittier offers **all levels** of rehabilitation services, **tailored** to your needs and all under **one roof.**

About Whittier Health Network

Since 1982, this family-owned healthcare organization has been providing quality care of the highest caliber. At Whittier, every patient is treated with dignity, respect, and compassion. The mission of Whittier Health Network is to provide high quality, comprehensive, medical services to all of its patients in a warm, caring, "family" setting. The network is comprised of two acute rehabilitation hospitals in Bradford and Westborough, Massachusetts as well as two transitional care units and six long-term care/ skilled nursing facilities.

Our Goal

Each patient's course of recovery is unique. The duration of rehabilitation is determined by the severity of the patient's condition, their potential for improvement, and their response to treatment. The ultimate goal of our rehabilitation teams at Whittier is to maximize each patient's functional independence and facilitate a safe discharge back to their home and community. This is achieved via an interdisciplinary team approach which includes the patient and family.

LONG-TERM ACUTE CARE (LTAC)

Whittier is unique. Our two hospitals in Bradford and Westborough are the only facilities in New England that are licensed as acute rehabilitation hospitals (IRFs) and also certified as long-term acute care hospitals (LTACHs). Our comprehensive inpatient services help speed up the recovery process for our patients.



Long-term Acute Care (LTAC)

Whittier provides care for patients requiring more medical management and a prolonged stay, typically lasting three to four weeks. Our two long-term acute care hospitals provide services and care to patients who have complex medical needs that may require a longer length of stay.

Inpatient Rehabilitation Facility (IRF)

Whittier offers rehabilitative and therapeutic care to patients regaining function and strength following a surgical procedure, illness, or injury. Patients will remain at the IRF to receive medical care and follow an intensive therapy program tailored to their specific needs, for at least three hours a day, five to six days per week

Inpatient Programs & Services

- Amputee
- Cardiac / Telemetry management
- Complex respiratory / Tracheostomy
- Hemodialysis / Renal failure
- Major multiple trauma
- Medically complex / ICU care patients
- Neurological disorders
- Neuromuscular diseases
- Orthopedics
- Polyarthritis
- Spinal cord injury
- Stroke
- Traumatic brain injury
- Ventilator weaning
- Wound care

ACUTE REHABILITATION (IRF): YOUR JOURNEY TO WELL-BEING



"My experience was awesome. I liked all of the people that helped me. They were very knowledgeable, very respectable. And Whittier rehab is the only rehab that I will ever go to because it's the best there is, best there was, and best there ever will be. They know their stuff. Thank you."
—Russell B.

We value you. We understand that each patient has individual needs and goals, so we tailor our programs to provide personalized care to maximize your potential and recovery. Our team utilizes an interdisciplinary approach and every patient is followed by two physicians: an internal doctor and a physiatrist. We collaborate with you and make you part of the process. The patient and family are an integral part of the team: helping to identify and set goals for your journey to well-being.

Your Team Members May Include:

- Hospitalists
- Physiatrists
- Specialty physicians
- Neuropsychologists
- Psychologists
- Physician assistants
- Nurse practitioners
- Certified rehabilitation registered nurses (CRRN's)
- Certified wound specialists
- Case managers
- Social workers
- Physical therapists
- Occupational therapists
- Speech and language pathologists
- Respiratory therapists
- Recreation therapy specialists
- Registered dietitians

SPECIALIZED INPATIENT CARE

Whittier's inpatient programs and services provide specialized care for a wide spectrum of diagnoses, from ventilator weaning to stroke to post-surgical patients, and they include everything from an aquatics program to advanced wound care management.

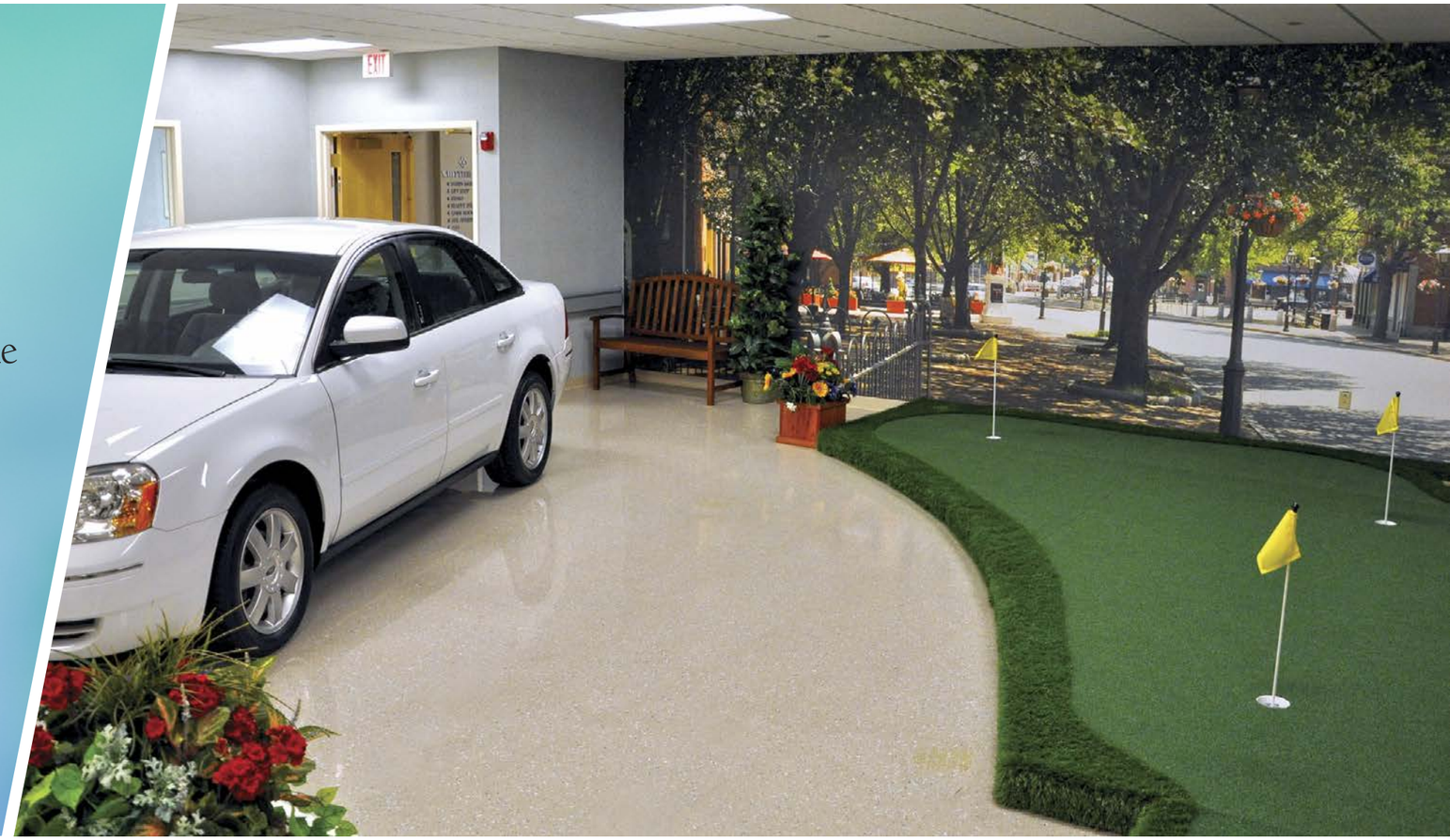


Our Specialty Inpatient Services Include:

- Advanced wound care management
- Aquatics
- Bariatrics
- Echocardiogram (ECG)
- Electrocardiogram (EKG)
- CPAP/BIPAP
- Hemodialysis suite on-site
- Hi-flow O2
- Massage therapy
- Modified barium swallows
- On-site pharmacy
- PCA pain management
- Peritoneal dialysis
- Telemetry monitoring
- Tracheostomy care
- Ventilator weaning
- Xray

WHITTIER WAY: THE WHITTIER DIFFERENCE

“Whittier Rehab is absolutely wonderful!
The care my mother received was exceptional.
The staff was absolutely wonderful and made us feel like family. Her nurses, physical therapist, occupational therapist and her case worker went above and beyond.
Thank you so much to everyone who cared for my mom during her stay! 🙏❤️”
—Nancy C.



Whittier Way is a realistic community re-entry area that allows a patient to practice everyday skills such as getting in and out of a car. This unique indoor rehabilitation concept offers a real world environment to patients in a safe, convenient way. The activities of daily living (ADL) apartment is one of the most important features, allowing Whittier patients to practice cooking, washing dishes, laundry, and bed-making, all of which are needed for a successful return to daily living.

Features Include:

- Full size automobile, curbs and ramps which help patients to regain skills in driving and mobility.
- Grocery store with realistic aisles and carts.
- The Whittier Bistro Café which serves food for patients, visitors, and staff.
- Gift shop with a nice selection of merchandise.
- Game room with large screen TV and Nintendo Wii with Wii Fit.
- Activities of daily living (ADL) apartment.
- Simulated golf green.
- Functioning movie theater.

TRANSITIONAL CARE UNIT (TCU)



> “We had a wonderful experience with Whittier Rehab Hospital in Westborough, when my wife needed a couple weeks to start her recovery from multiple fractures. The entire team was wonderfully positive, professional, and supportive. The Physical & Occupational therapy was highly effective and compassionate.”
> — John J.

Getting home after your acute rehabilitation stay can be a challenging experience. Whittier’s transitional care units offer short-term rehabilitative care for those patients who need additional time to transition to home safely after their hospital stay. Located right inside our Bradford and Westborough hospitals, the expert daily care of our physicians, nurses, and therapists will help you to return home as soon as possible and to function at your highest level of independence.

A Team Approach to Get You Home

- Board certified attending physiatrist
- Specialty consulting physicians
- Dedicated nursing team
- Physical therapist
- Speech therapist
- Occupational therapist
- Respiratory therapist
- Case manager
- Social worker
- Activities director

OUTPATIENT SERVICES

Where you receive your outpatient care is YOUR decision. Choose Whittier for one-on-one therapy, convenient evening hours, and prompt evaluations. Whether you come to us directly from our inpatient facilities, as a follow-up to home health services or from your primary care physician, our outpatient centers can assist by providing comprehensive care for a variety of needs.



Outpatient Services

- Aquatic Therapy
- Modified barium swallows
- Neurology services
- Neuropsychology services
- Nutritional consults
- Occupational therapy / work rehabilitation
- Orthopedic services
- Outpatient Neurology Rehabilitation Program
- Physiatry consults
- Physical therapy
- Pulmonary rehabilitation
- Radiology services
- Speech & language therapy
- Wellness education

Offered only at our Bradford location:

- AlterG® Anti-Gravity Treadmill®

Offered only at our Westborough location:

- Audiology services
- EMG testing
- EMG studies / nerve conduction studies
- VitalStim® therapy

Outpatient Clinics

- Botox Clinic
- Orthotics & Prosthetics Clinic
- Seating & Positioning Clinic

Offered only at our Bradford location:

- Memory Clinic
- Podiatry Clinic
- Pulmonary Clinic
- Wound Clinic

AQUATIC THERAPY PROGRAM



“Whittier Rehab is a professional PT rehab facility from intake to discharge. Their front desk personnel schedule you quickly, call for waiting list placements and to move your schedule around if openings occur. The Therapists are friendly, give good demonstrations of exercise, and stay attentive to technique. They even have a pool for those that could benefit from aquatic programs. I’ve been to many PT programs and I find them to be the best.”
—Mark B.

Whittier offers an Aquatic Therapy Program in two custom-designed, therapeutic warm water pools, and also offers a community Arthritis Foundation aquatic program. Whittier offers individualized and comprehensive aquatic-based treatment programs and exercise instruction with licensed physical and occupational therapists who are specifically trained in aquatic therapy.

Features Include:

- Two pools: cool area (84 degrees) and main area (94 degrees).
- Graded depths from three to six feet.
- Accessibility via stairs or a lift.
- Water treadmills, flotation, and resistive equipment.

Who Can Benefit?

- People with arthritis, athletic injuries, chronic pain, fibromyalgia, joint replacements, neurologic disorders, neck/back pain, and orthopedic dysfunction.
- Stroke patients may also benefit from aquatic therapy.

SPECIALTY OUTPATIENT SERVICES

Our additional specialty clinics allow for all of your needs to be met in one location: everything from prosthetics to seating clinics. We were excited to be the region's first rehabilitation hospital to offer the AlterG® AntiGravity Treadmill to our patients – just one of the many specialized outpatient services we offer.





Outpatient Neurology Rehabilitation Program

The Outpatient Neurology Rehabilitation Program is a medically-based, intensive interdisciplinary program designed for individuals who have experienced a neurological condition including stroke, traumatic brain injury, brain tumor, multiple sclerosis, and Parkinson's/other movement disorders. Individually tailored comprehensive care programs treat the physical, psychological, cognitive, communicative, and vocational consequences of a neurologic injury.

AlterG® Anti-Gravity Treadmill.®

Recover faster with this innovative technology! Patients or athletes with lower body injuries, chronic pain, obesity, or neurological conditions that inhibit mobility, can benefit from the Anti-Gravity Treadmill® to achieve their personal health, wellness, or performance goals. Its unique unweighting capabilities allow training and rehabilitation to move forward with no pain while maintaining a normal gait, reducing stress on joints and injured areas, and giving patients the confidence and ability to recover faster.

REFERRALS & ADMISSIONS



> “The entire staff...have created such a caring environment with an impeccably high standard of care, always delivered with warmth. You each helped to make it a pleasure to recover at Whittier.”
>
> —With love & appreciation,
> The M., F., C. family

Inpatient Referrals

Referrals may be made by contacting our central admissions office at (800) 442-1717 or via fax at (978) 478-3040. A representative is available between the hours of 8:30 am and 8:00 pm, seven days a week. After 8:00 pm, a message may be left with the answering service for the next business day.

Inpatient Amenities

Rooms are semi-private or private with an individual satellite television and complimentary WiFi and telephone service. Private rooms are assigned due to medical necessity. Upon availability and request from a patient, a private room may be arranged.

Outpatient Referrals

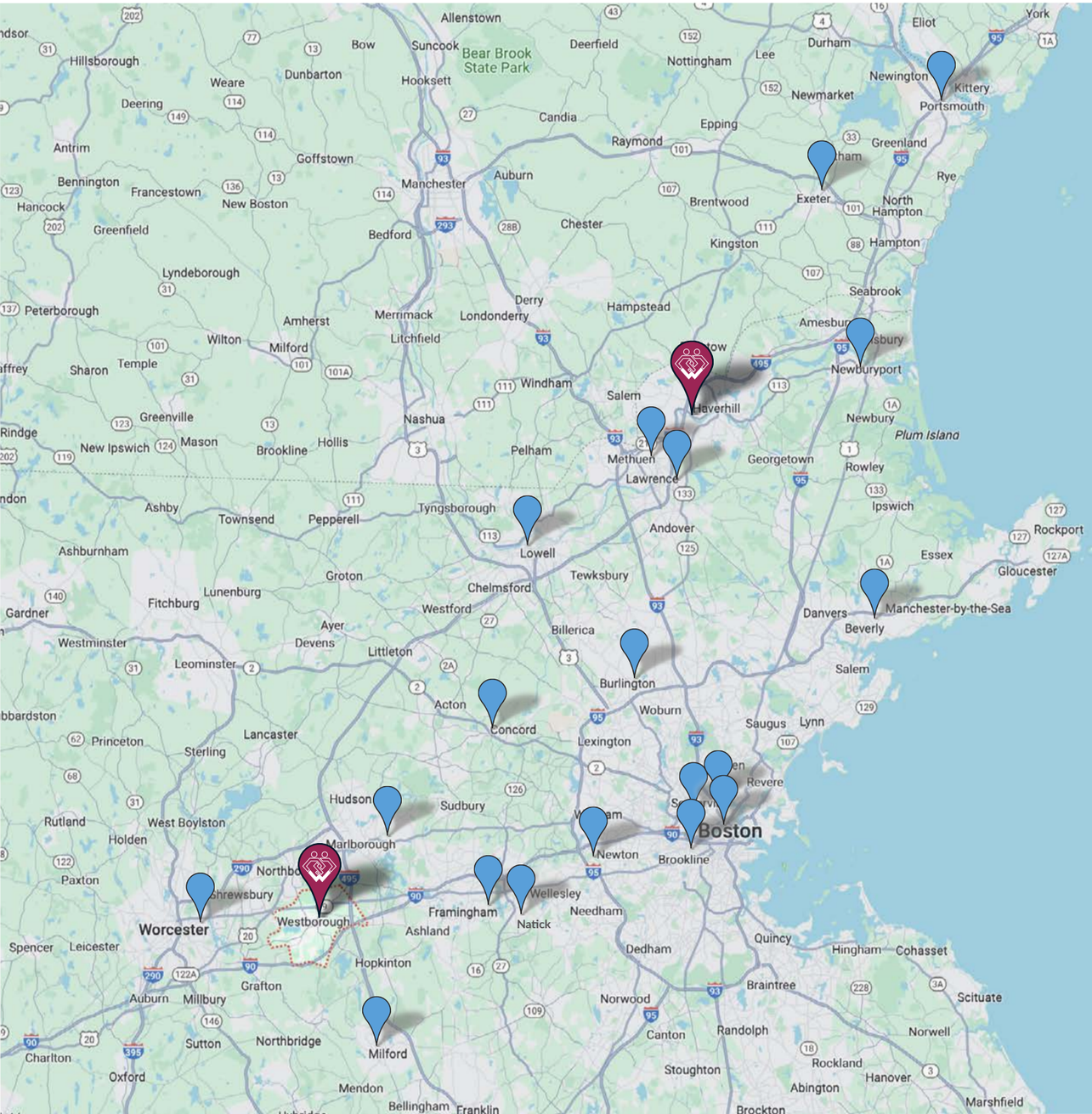
Our hours are flexible and in most cases we will be able to work with your schedule. To make a referral, or for more information about outpatient services at Bradford, call us at (978) 469-1425 or fax us at (978) 372-0404. For referrals or information about outpatient services at Westborough, you may call (508) 871-2077 or fax us at (508) 871-2078.

Tours

Tours of our hospitals, outpatient centers, and Whittier Way are readily available during regular business hours. We will arrange for a comprehensive tour and explain our programs and services.
For a tour after hours or on weekends, please call:
Westborough: (508) 870-2222
Bradford: (978) 372-8000

OUR LOCATIONS

Our two acute rehabilitation hospitals are located within a short driving distance from major referring hospitals in Boston, Burlington, Worcester, Framingham, Lowell, and Portsmouth. Our case managers will help to make your transfer seamless from your referring hospital to either of our acute rehabilitation hospitals or directly to one of our transitional care units in Bradford or Westborough, MA.



Whittier Rehabilitation Hospital-Bradford

145 Ward Hill Avenue, Bradford, MA

We are easy to reach via 495 N or S to exit 48-R125 Ward Hill, Bradford onto Rt. 125 Connector.
We are close to all local referring hospitals & towns:

Holy Family Hospital (Methuen)	6 miles
Lawrence General Hospital (Lawrence)	6 miles
Anna Jaques Hospital (Newburyport)	17 miles
Lahey Hospital (Burlington)	19 miles
Beverly Hospital (Beverly)	22 miles
Lowell General Hospital (Lowell)	22 miles
Exeter Hospital (Exeter)	28 miles
Portsmouth Regional Hospital (Portsmouth)	31 miles
Mass. General Hospital (Boston)	34 miles
Tufts Medical Center (Boston)	35 miles
Beth Israel Deaconess Medical Center (Boston)	36 miles
Brigham & Women's Hospital (Boston)	36 miles

Whittier Rehabilitation Hospital-Westborough

150 Flanders Road,Westborough, MA

We are easy to reach from Route 495 Exit 23B, or from Route 9 Worcester.
We are close to all local referring hospitals & towns:

UMass Memorial Health-Marlborough Hospital (Marlborough)	9 miles
MetroWest Medical Center (Framingham)	9 miles
UMass Memorial Health Cancer Ctr. (Worcester)	11 miles
St. Vincent Hospital (Worcester)	13 miles
Milford Regional Medical Center (Milford)	14 miles
MetroWest Medical Center (Natick)	15 miles
Newton-Wellesley Hospital (Newton)	20 miles
Emerson Hospital (Concord)	29 miles
Tufts Medical Center (Boston)	30 miles
Mass. General Hospital (Boston)	32 miles
Lowell General Hospital (Lowell)	35 miles

FOR MORE INFORMATION

We are New England's first choice in healthcare, offering a seamless continuum of care and giving patients the freedom to make the choices that are important to them and their families.

To learn more about Whittier Health Network, and for a complete list of all of the Whittier Health Network facilities, visit us at whittierhealth.com



SCAN OR CLICK FOR MORE INFORMATION OR TO CONTACT US FOR A REFERRAL

LONG-TERM ACUTE CARE

INPATIENT ACUTE REHABILITATION

TRANSITIONAL CARE

OUTPATIENT SERVICES

MAKE A REFERRAL