



www.AspirePhysicalRecovery.com

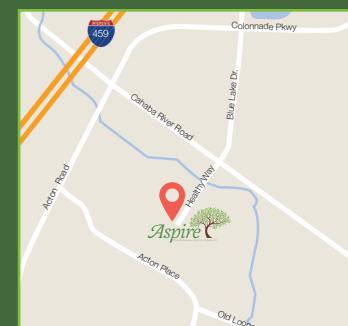
Relax, Recover, Regain your abilities.

Aspire Physical Recovery Center, LLC is a brand new healthcare model that specializes in short term rehabilitation. We have combined medical expertise with top-notch resort amenities to make your stay at Aspire like none other. Our goal is to create an atmosphere that is comfortable and luxurious, while providing personalized care. Our staff's expertise will get you home faster and back on your feet. But, we want you, our guest, to feel so comfortable that you don't even want to leave.

Aspire Physical Recovery
Centers offer three convenient
locations to serve you:



Aspire Physical Recovery Center at Hoover, LLC
575 Southland Dr. • Hoover, AL 35226
205-721-6200



Aspire Physical Recovery Center at Cahaba River, LLC
3070 Healthy Way • Vestavia Hills, AL 35243
205-977-7216



Aspire Physical Recovery Center of West Alabama, LLC
2400 Hospital Dr. • Northport, AL 35476
205-330-8412



Resort Amenities
Healthcare Expertise



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Therapy and Medical Services

Our medical expertise is like none other. Our staff of trained Registered Nurses and Patient Care Attendants provide personalized medical care and our Professionally Trained Certified Therapists provide Physical, Occupational, and Speech Therapies.

- 24 hour registered nurse care
- Personalized nurse practitioner care with a physician's order
- Pain control services
- Two state-of-the-art gyms for physical rehabilitation
- Two occupational therapy treatment facilities
- Two speech therapy treatment facilities
- Pharmacy services
- Cardiac recovery, Neurological rehabilitation, specialty skin services, and IV therapies also offered

The Zero Gravity System in our gyms provides optimum support and security for those regaining their mobility and strength. The Omni Virtual Reality System provides simulations to help regain skills in walking, jogging, and other movements.

Our Rapid Recovery Program provides individualized goal setting plans to get you home sooner.



Life Enrichment Programs

At Aspire, we understand that to regain physical independence, it takes more than just medical treatment. Therefore, we have designed many life enrichment programs to prepare you for community re-entry and continuing education.

Our life enrichment programs include:

- Putting Green
- Educational speakers with topics like Diabetes Management or Financial Planning
- Cooking Lessons and Shows
- Live music
- Hobbies integration so you can begin practicing what you love to do so you'll be a pro again when you get back home



Spa Services

The Aspire Salon is ready to pamper you. You can schedule appointments for all your beauty needs including hair styling, manicures, and pedicures. The highly trained technicians in our salon offer massage therapy to relax you and relieve tension.

Concierge Services

There is someone to help you with every need at the Aspire facility. Our concierge service is there for appointment setting for any of the services we offer. The concierge staff is who you contact for all guest relations to make you feel right at home. Concierges will schedule everything for you, answer any question, and always be there.



Culinary Services

Dining is made easy at Aspire. You can eat in- room or in one of our dining areas. A professional, full-time chef directs our dining and plans each day's meals that can please any palate. There are always readily available items not on the day's menu that include salads, soups, and sandwiches. Our chef makes sure our patients are eating healthy with fresh fruits and healthy options every day. In our dining area, food is served fresh, right to your table. We also have a registered dietitian on staff that is available to meet the highest standards of even the strictest diets.

Your Stay With Us

Your recovery time at Aspire will be like a luxury vacation with the comfortable feel of home. Manicured courtyards and green space surround the facility. On the inside, there are beautifully decorated living rooms with fireplaces and areas to enjoy coffee and refreshments.

Our facility offers a large number of private accommodations so you as a resident will have your own personal room and a spacious bathroom. All patient lodging includes complimentary WiFi, refrigerator, cable, and telephone services.