

Where every step of your recovery is clear, intentional and built to get you back home stronger, sooner!

We offer physical, occupational, and speech therapy, seven days a week — delivered with state-of-the-art equipment and **specialized cardiac, pulmonary, renal, and orthopedic tracks** when your recovery calls for it.

“Short-stay doesn’t mean less thorough. It means every session has a purpose, and every day is accounted for.”

–Agnes Divinagracia
Director of Rehab, Carriage Hill Bethesda

READY TO GET STARTED?

Ask your hospital discharge planner about **VIVID Recovery™** or call any Vierra location directly.



CLEAR CARE. STRONGER OUTCOMES.



 **CARRIAGE HILL BETHESDA**
Health & Rehab
A VIERRA COMMUNITY

5215 W Cedar Lane
Bethesda, MD 20814
(301) 897-5500
carriagehillbethesda.com

 **ST. ELIZABETH**
Rehab & Nursing
A VIERRA COMMUNITY

3320 Benson Avenue
Baltimore, MD 21227
(667) 600-2600
stelizabethnursing.com

 **VIERRA FALLS CHURCH**
HEALTH & REHAB

2100 Powhatan Street
Falls Church, VA 22043
(703) 538-2400
vierrafallschurch.com

 **ADMIRAL**
Health & Rehab
A VIERRA COMMUNITY

1785 S. Hayes Street
Arlington, VA 22202
(703) 920-5700
admiralrehab.com

 **WOODSIDE**
Rehab & Nursing
A VIERRA COMMUNITY

9101 Second Avenue
Silver Spring, MD 20910
(301) 588-5544
woodsidenursing.com



Our bold approach to **Short-Stay Rehab**



   vierracommunities.com



3therapies 1common GOAL

→ **Physical Therapy**
Strength, mobility, balance & endurance training. Functional strengthening. Improving safety & reducing fall risk.

→ **Occupational Therapy**
Relearning daily living tasks, restoring endurance & regaining independence

→ **Speech-Language Therapy**
Communication, cognition & swallowing

All three disciplines work in tandem to achieve common patient-centered goals. Your physical therapist, occupational therapist, and speech-language pathologist collaborate daily to keep your progress moving in one direction: HOME.

A physiatrist, a physician specializing in Physical Medicine & Rehabilitation, is onsite to guide your therapy plan, manage pain, and ensure your medical and functional recovery progress together.



OUTCOMES YOU CAN SEE

We track progress like it's the point, because it is.



Therapy Access
7 Days a Week



Onsite Physiatry
(PM & R)

Measurable, Goal-Driven Progress

Standardized functional assessments at admission, mid-stay, and discharge — so you and your family always know exactly where you stand and what's next.

Physician-led Medical Oversight

Attending physicians and specialists round regularly, keeping your medical and rehabilitation plans tightly aligned throughout your stay.

Discharge Planning from Day One

Home safety evaluations, equipment coordination, and caregiver training begin early, not as an afterthought the day you leave.

A Setting Built for Recovery

Private suites, hotel-inspired dining, and recently renovated therapy gyms — because comfort accelerates progress, it doesn't compete with it.

When recovery NEEDS MORE

Some recoveries call for more than general rehab.

VIVID Recovery's specialty tracks layer condition-specific physician leadership directly onto your therapy plan — at the same facility, with the same care team.

VIVID Cardiac

Center-based cardiology rounding and cardiac-focused rehabilitation for heart failure, post-CABG, valve repair, and related diagnoses.

VIVID Renal

Coordinated care for residents managing dialysis and chronic kidney disease, with nephrology-informed rehabilitation planning.

VIVID Pulmonary

Specialized respiratory therapy and physician oversight for COPD, post-ventilator recovery, and other complex pulmonary conditions.

VIVID Ortho

Surgeon-led programming and onsite physiatry for joint replacement, fracture, and post-surgical recovery.