

The gap between a successful surgery & a full recovery is where we work.

What happens in the weeks after your procedure determines your long-term outcome as much as the surgery itself.

Our Orthopedic Program delivers the same caliber of specialist oversight you had in the hospital — inside a facility built for focused, uninterrupted recovery.

Access to
Renowned,
Board-Certified
Orthopedic
Physicians

Onsite
Physical
Medicine &
Rehabilitation
Physicians

READY TO GET STARTED?

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



**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

CLEAR CARE. STRONGER OUTCOMES.



You had
Orthopedic surgery.
Now do the
Recovery Right.



vierracommunities.com

Powered by
VIERRA
COMMUNITIES

Conditions & Procedures We Treat

Total Hip Replacement

Shoulder Replacement

Fracture & Trauma Repair

Rotator Cuff Repair

Total Knee Replacement

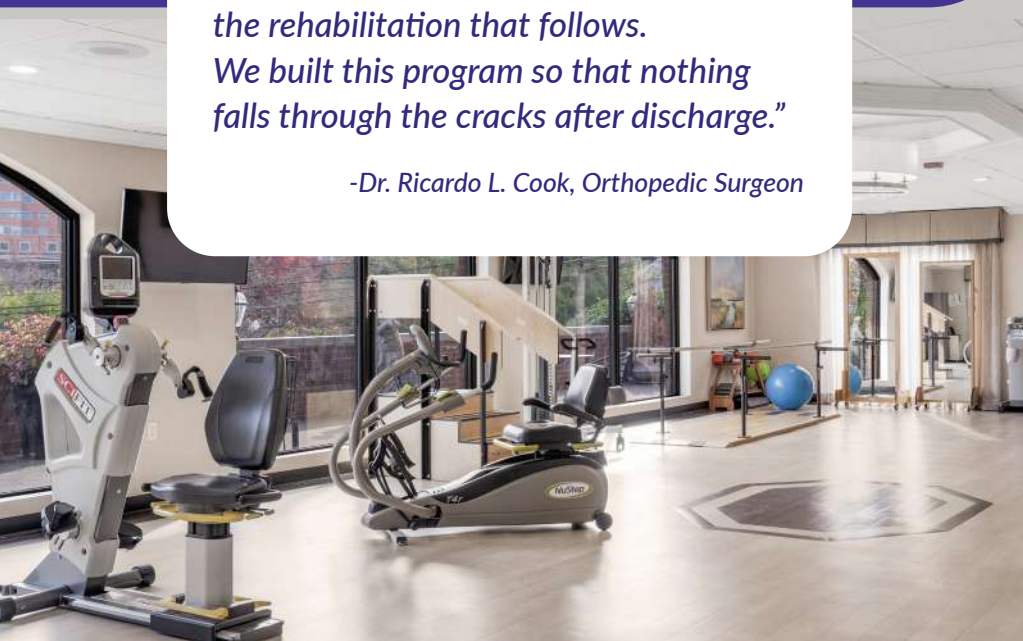
Spine Surgery Recovery

Foot & Ankle Surgery

Complex Joint Revision

“Surgical outcomes are only as good as the rehabilitation that follows. We built this program so that nothing falls through the cracks after discharge.”

-Dr. Ricardo L. Cook, Orthopedic Surgeon



The VIVID Recovery Difference

Surgeon-Led Program Direction

A renowned orthopedic surgeon leads each facility’s program — directly shaping protocols, reviewing complex cases, and maintaining the standard of care well beyond your discharge date.

Onsite Physiatry (PM&R)

Individualized exercise progressions under continuous telemetry monitoring. No guesswork. Every session is clinically supervised and adapted to your cardiac capacity.

Seven-Day Therapy Access

Physical and occupational therapy seven days a week — because recovery doesn’t pause on weekends. Daily sessions maintain momentum and prevent the setbacks that come from gaps in care.

Evidence-Based Recovery Protocols

Early mobilization, pain management, gait retraining, balance re-education, and progressive strengthening — each phase clinically sequenced to your procedure and current capacity.

Pain & Medication Management

Physician-directed pain control that minimizes opioid dependence while keeping you comfortable enough to engage fully in therapy and progress on schedule manage symptoms.

A Setting Designed For Healing

Private rooms, concierge-style service, and beautifully appointed common spaces — because the environment you recover in matters as much as the clinical care you receive.

Your Recovery JOURNEY

Surgical Review & Care Planning

Orthopedic surgeon and PM&R physician review your surgical records within 24 hours. A personalized rehab plan is established with specific functional goals and milestones.

Early Mobilization & Pain Control

Supervised early movement to prevent complications, reduce stiffness & begin rebuilding range of motion — with physician-directed pain management keeping you on track.

Functional Strengthening & Gait

Progressive strength training, gait retraining, balance work, and occupational therapy to rebuild the functional capacity your daily life requires.

Discharge & Return-Home Planning

Home safety evaluation, outpatient therapy referrals, adaptive equipment, and a written home exercise program — all in place before you leave.

“Our surgeons don’t just hand off patients at the hospital door. They remain a driving force in the rehabilitation — because the outcome they’re proud of happens here, not in the OR.”

— Erin Price, Regional Therapy Director