

Welcome to San Diego Post-Acute

Located in the heart of El Cajon, San Diego Post-Acute is the region's premier skilled nursing and post-acute therapy center.

Our team of highly skilled, dedicated, and caring clinicians look forward to continuing the tradition of delivering unsurpassed quality care to everyone who enters our doors. We are genuinely interested in you and your health and will do our best to ensure you have everything you need for a quick recovery. We encourage you and your family to be active participants in establishing your goals and plan of care.

QUESTIONS ABOUT INSURANCE?

No matter what type of medical insurance you have, our financial experts will help you decipher what your plan benefits include.

COME VISIT US

Call us anytime to schedule a guided tour and complimentary therapy consultation.



San Diego Post-Acute

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www.SDPostAcute.com

Post-Acute Therapy
Skilled Nursing
Sub-Acute Care
Memory Care



Experience San Diego Post-Acute

San Diego Post-Acute is a Medicare-certified skilled nursing and therapy facility that serves the greater San Diego region. We pride ourselves on our ability to offer a team of dedicated professionals who are specially trained to manage a full spectrum of healthcare needs. Our experienced healthcare team strives to help our patients reach their maximum potential in a caring and supportive environment.

Our facility is conveniently located in the heart of El Cajon, a short drive from Sharp Grossmont Hospital and Alvarado Hospital Medical Center.

Short-Term and Long-Term Therapy Solutions

A stay at San Diego Post-Acute begins with an evaluation by our team of physicians, therapists, nurses, social services, and other support staff. These meetings allow us to design a personalized care plan focused on returning you to your highest level of independence as quickly as possible.

Our expansive therapy gym and rehab suites offer a unique and personalized experience for patients recovering from strokes, neurological impairments, and orthopedic procedures. Therapy takes place in our fully equipped gym under the guidance of experienced professional therapists.

Therapy Services

- Fully staffed, In-House Physical, Occupational and Speech Therapists
- Therapy Offered 7 Days a Week as Appropriate
- Stroke and Neurological Recovery Program
- Orthopedic Rehabilitation Program
- Cardiac and Pulmonary Rehab
- Return to Home and Activities of Daily Living Re-Training Program
- Fall Prevention and Balance Re-Training Program
- Expansive Therapy Gym
- Electrical Stim, Ultrasound, TENS, VitalStim

Skilled Nursing Services

- Registered Nurses 24 Hours / Day
- Respiratory Therapists 24 Hours / Day
- Post-Surgical Care
- Pain Management
- Diabetes Care
- Certified Wound Specialists
- I.V. Hydration and Therapy
- Enteral and Total Parenteral Nutrition (TPN)
- Trach / Stoma Care
- Registered Dietitian