

The Fitness Center

Continuing Strength and Progress

Many individuals who complete eXtend rehabilitation choose to continue their progress in **Noble Horizons' Fitness Center**.

The Fitness Center is designed specifically for older adults, with equipment that is easy to use, safe, and effective. Strength and resistance training can help improve muscle strength, endurance, and bone density at any age.

PACE machines use accommodating resistance, meaning the equipment responds to how hard the user pushes, helping reduce the risk of injury. Cardio equipment includes wide-surface treadmills, recumbent bikes, and upper body ergometers that support comfortable, balanced movement. A personal trainer is available, and use of the Fitness Center is offered at no cost to former rehabilitation patients.

A personal trainer is available Monday thru Friday and we encourage individuals to stop by the newly renovated café across the hall to get a cup of coffee or read the newspaper after their session!

For more information, please call the
Wellness Coordinator at
860-435-9851, x132



Charlotte Durr

Director of Rehabilitation



Call
860.435.9851, ext 132



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Visit
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Welcome to eXtend

*The Outpatient Rehab Center at Noble
Physical, Speech & Occupational Therapy*

At **eXtend**, consistency is a cornerstone of care. Patients work with the same therapist throughout their recovery, often transitioning to continued strength and conditioning in Noble Horizons' well-equipped Fitness Center.

Our experienced physical, occupational, and speech therapists work closely with each patient's physician to provide individualized care across a wide range of needs, including orthopedic, neurological, cognitive, eating, and swallowing challenges.

Pre-operative therapy is available for those anticipating elective surgery, helping support a smoother and more efficient recovery.

In addition to traditional therapy, our team is trained in advanced clinical practice (ACP) techniques to address conditions such as chronic pain, weakness, decreased sensation, and symptoms related to neuropathy, diabetes, and fibromyalgia.

Our goal is simple: to help each individual regain and maintain the highest possible level of function.

Short-term rehabilitation at Noble Horizons is designed to support a smooth, comfortable transition from hospital to home.

With 24/7 nursing care and daily therapy, individuals recover in a setting that feels calm, welcoming, and supportive of healing.

Private rooms offer natural light and pastoral views, along with thoughtful amenities including a half-bath, lift recliner chair, flat screen television, Wi-Fi, telephone, and space for personal belongings.

Meals are served in the dining room overlooking the pond or in their room. Individuals have access to Noble Horizons' broader community, including classes, concerts, art exhibits, and programs that help maintain connection throughout recovery.



Recovery That Carries Forward

Rehabilitation at Noble Horizons is designed to build lasting strength, balance, and confidence so individuals can return to their daily routines with greater independence.

Our therapists coordinate closely with each individual's physician to ensure care remains aligned and responsive as recovery progresses.

As therapy goals are met, many individuals transition into continued strength and conditioning in Noble Horizons' well-equipped Fitness Center, supporting ongoing progress beyond their stay. This resource is available to all short-term rehabilitation guests for lifetime use at no charge.

