

Putting the Heart Into Healthcare

Your Path to Recovery Starts Here

Nestled in the welcoming community of Black Mountain, North Carolina, Mountain Ridge Rehabilitation and Healthcare Center provides exceptional nursing and rehabilitation services in a supportive, comfortable setting. Proudly serving the surrounding region, our center offers both short-term rehabilitation and long-term support tailored to each resident's evolving needs.

At Mountain Ridge, every recovery journey is unique. Our skilled clinical team delivers 24/7 medical supervision and collaborates to create personalized plans for each individual. Through comprehensive physical, occupational, and speech therapy programs, we focus on restoring mobility, strengthening independence, and enhancing overall quality of life.

Designed to promote healing and connection, our community features inviting common areas, engaging activities, and thoughtfully prepared dining options. As a proud member of YAD Healthcare, Mountain Ridge remains committed to compassionate, high-quality service that makes a meaningful difference for every resident.

Mountain Ridge Rehabilitation and Healthcare Center



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YAD
HEALTHCARE




Mountain Ridge
REHABILITATION & HEALTHCARE CENTER











Welcome to Mountain Ridge Rehabilitation and Healthcare Center

Empowering Recovery, Restoring Independence

At Mountain Ridge Rehabilitation and Healthcare Center, we understand that every recovery journey is unique. Our rehabilitation services are designed to provide personalized care, helping patients regain independence and improve their quality of life. Our dedicated team of Physical and Occupational Therapists, along with Speech-Language Pathologists, work collaboratively to create customized treatment plans tailored to each individual's specific needs and goals. As a proud member of YAD Healthcare, we are committed to making your rehabilitation experience both positive and impactful.



Rehabilitation Services

-  **Activities of Daily Living:** Assisting patients with tasks essential for promoting independence with dressing, bathing, and grooming.
-  **Balance and Fall Prevention:** Implementing strategies and exercises to improve balance and reduce the risk of falls.
-  **Cognition:** Enhancing cognitive abilities through specialized therapies and activities tailored to individual needs.
-  **Communication:** Addressing speech and language difficulties to improve communication skills and quality of life.
-  **Dysphagia:** Providing assessment and treatment for swallowing disorders to ensure safe and efficient swallowing function.
-  **Functional Mobility:** Helping patients regain strength, flexibility, and coordination to perform daily activities with ease.
-  **Pain Management:** Utilizing various techniques and modalities to alleviate pain and improve comfort during the rehabilitation process.
-  **Seating & Positioning:** Customizing seating and positioning equipment to optimize comfort, posture, and functional mobility.
-  **Splints/Braces:** Fitting and applying splints and braces to support and stabilize joints for improved function and comfort.
-  **Wound Care:** Providing specialized wound care treatments and therapies to promote healing.

Specialized Sub-Acute Care

Our specialized unit for sub-acute rehabilitation features daily physical, occupational, and speech therapy, all supported by an expansive gym equipped with state-of-the-art facilities. With a compassionate approach, we ensure that every patient experiences a comfortable and highly effective rehabilitation journey. We also focus on coordinated care for a seamless transition post-discharge, ensuring that our patients continue their recovery with the support they need.

Everyday Comforts



Nutritious Meals & Dietary Monitoring



Engaging Daily Activity Program



Laundry Service and Room Cleaning



Personal Beauty and Barber Shop

