

The place where you can find your future again.

The Montrose Regional Health Acute Rehab Unit (ARU)

The ARU, is a short-term, inpatient rehabilitation center, set within Montrose Regional Health. Since opening in 2007, it has become the place people go to for comprehensive rehabilitative care, near home and family, with the goal of helping patients recover faster and regain as much functional independence as

Rehab at Montrose Regional Health means a focused and aggressive plan of action to build strength, increase mobility, and heal both emotionally and physically, with a team of experts to help patients and their families, every step of the way.

For more information on the complete rehabilitation care and services offered through our ARU, please contact our Case Coordinator at:

970-252-2996

Caring for you like family.

"The staff in the ARU got me back on my feet, back home, and able to take care of myself a lot faster than I expected. They helped me feel in control of my life again."



Catherine Orth

"I love being a part of this unit. I am the Program Director and a Physical Therapist. I enjoy working with, and for our patients, as a part of their team, to ensure their individual needs are met. The rehab team is exceptional. We have made it our mission to serve our patients, Montrose Regional Health, and this amazing community with compassion and kindness every day."

Vanessa Simmons, PT, DPT

ARU Program Director
Board Certified Clinical Specialist in Neurology

Acute Rehabilitation



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800 S. 3rd Street
Montrose, CO 81401
970-249-2211

MontroseHealth.com



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About the ACUTE REHAB UNIT



Dr. Lars Stangebye

Family Practice Physician Dr. Lars Stangebye is the Medical Director of the Unit. He provides consistent and ongoing medical management of not just the patients

rehab diagnosis, but all pre-existing and current conditions that may be impacting their recovery. He also directs and oversees a dedicated care team of nurses, social workers, physical therapists, occupational therapists, and speech language pathologists. Each member looks at the patient from a different perspective and as a group, combined with the patient's stated goals, develop the best possible plan to optimize their recovery.

Whether the reason for being in the ARU is recovery from a stroke or a fall, regaining strength and mobility after a surgery, or retraining the body to perform activities of daily living after an unexpected trauma, the emphasis is focused on individualized specialty care. Our aim is to get the patient to their highest level of performance, in the shortest amount of time.

We receive a variety of patient referrals from physicians based on the patient's needs for the following:

- Daily medical oversight
- 24-hour nursing supervision
- Recommendation from at least two therapy services
- Participation in three hours of therapy a day (five days a week)
- Demonstrated potential for improvement

We evaluate every referral for these criteria and aim to accept, and help, as many patients as possible. Upon admission, each patient is evaluated by all disciplines, the patient participates in setting goals, and a plan is made to work to achieve those goals. For our team there is no greater reward than seeing a patient achieve their goals.

The rooms in the ARU are private, spacious, and filled with all the amenities to create a safe, cheerful, and comfortable environment conducive to recovery. One of the ten rooms simulates an apartment for family members to room in, allowing patients to practice home life and become comfortable with many of the tasks and movements they may need to perform upon returning home.



Mike Trickey and Kylee Smith

Mike Trickey's ARU JOURNEY

In February 2022, Mike and Kylee's lives changed in an instant. Mike suffered a cerebral hemorrhage to the right side of his brain, leaving the left side of his body paralyzed. He spent the next 16 days at a hospital out of the area before being accepted to the Montrose Regional Health Acute Rehab Unit (ARU). Here, he began Speech, Physical and Occupational Therapies several hours a day, five days a week.

Caregivers in the ARU treated Mike with exceptional care, compassion, and genuine kindness that was instrumental in Mike's healing. In Mike's words, "A host of angels descended on me with their caring and professionalism for my well-being."

Mike continued to show progress daily and can now stand, balance, walk with assistance and recently began moving his left arm. He will continue outpatient services but will miss his dear friends and angels in the ARU.