



Park Forest Care Center is located just off Interstate 205, nestled in a suburban neighborhood, serving all Portland Metro hospitals. Our skilled nursing and rehabilitation center promotes a positive and healthy environment so our patients can achieve optimal recovery.

## What sets us apart:

- Joint rehabilitation protocol focused on early management and regaining range of motion and strength after joint replacement surgery.
- Cardiac rehabilitation program focused on monitoring and working patients within the target intensity zone to improve cardiac response to activity.
- Gait speed training program to improve efficiency, confidence, and safety with functional ambulation in the home and community.
- High intensity resistance training to encourage functional strength training.
- Long tenure staff in addition to a strong management and rehabilitation team.



**Park Forest Care Center**  
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**Prestige Care, Inc.**

Call **(503) 256-2151**  
for more information.