

Directions to Rehabilitation Medicine

92 Campus Drive, 1st Floor, Scarborough, ME
Phone: 207-885-0011 • Fax: 207-661-4501

From the North:

- Take I-295 South to Exit 2 for Scarborough/Old Orchard.
- Proceed 2 miles to the end of the Scarborough Connector, where the road joins Route One.
- At the first traffic light, turn left. (Maine Medical Center's Scarborough Campus will be on your left.)
- Turn left again onto Campus Drive.
- Proceed through Campus Drive passing by the parking lot for 100 Campus Drive. When you reach the stop sign, turn right and proceed to the parking lot for 92 Campus Drive.

From the South on the Maine Turnpike:

- Take I-95 North to Exit 45.
- After the toll booth, continue for 0.9 miles to the fourth exit, Scarborough/Old Orchard.
- Continue 1.8 miles to the end of the Scarborough Connector, where the road joins Route One.
- At the first traffic light, turn left. (Maine Medical Center's Scarborough Campus will be on your left.)
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Public Transportation:

- The Transit bus Green Line runs service daily from Saco, Scarborough, South Portland and Portland, with stops at Campus Drive. To learn more, visit bsoobtransit.org/schedules.

Please plan to arrive 15 minutes earlier than your scheduled appointment time.

Maine Medical Partners – Neurosurgery & Spine

☎ 207-885-0011

mainemedicalpartners.org

Post Stroke Physiatriy Care



Maine Medical
PARTNERS
Neurosurgery & Spine

A department of Maine Medical Center

Physiatrists are doctors of function, helping you to reach your goals along your journey to recovery.

Why do I need a Physiatrist after a stroke?

After a stroke, you will likely see many healthcare providers including a neurologist, therapists, primary care physician, and a Physiatrist. The Physiatrist serves as the leader of your Rehab Care Team. The Physiatrist is one of the only doctors you will see on an ongoing basis to assist you in maximizing your recovery after stroke. The Physiatrist will coordinate the care between your Rehab Care Team. The Physiatrist will work with you to ensure you are progressing as expected and achieving your goals for function and independence.

What is a Physiatrist?

A Physiatrist is a physician who has completed special training in physical medicine and rehabilitation to treat patients with disabling injuries or illnesses.

A Physiatrist looks at the patient as a whole, not just their illness or injury. They help by focusing on improving areas of function while maximizing recovery and the highest quality of life possible. Essentially, Physiatrists are doctors of function and quality of life, two things that are vital to your life after a stroke.

What does a Physiatrist do to help me after a stroke?

- A Physiatrist will:
 - Identify your goals for recovery
 - Identify goals for therapy
 - Monitor for medical complications during recovery
 - Identify and manage spasticity (a muscle control disorder)
 - Discuss and assist with return to driving
 - Discuss and assist with return to work
 - Provide resources and support for you and your family

These are just a few of the things you will encounter. Each patient’s goals are unique and the care plan will reflect those while taking in to consideration all medical factors.

Who does a Physiatrist work with?

A Physiatrist is the leader of your Rehab Care Team. This team usually consists of your primary care physician, physical, occupational, and speech therapists, as well as other specialist physicians involved in your care. Physiatrists pride themselves on maintaining excellent communication with the team to ensure your best outcome.

What should I expect during my first visit?

During your first visit, the Physiatrist will perform a comprehensive and complete evaluation of your medical history, and determine which areas of function are most difficult, for example walking or driving a vehicle. They will discuss any therapy or treatment you have, or are currently receiving, and then recommend a plan of care that leads to maximizing your recovery of function and quality of life. Please bring a friend or family member with you as they are an important part of your recovery.

During future visits, the Physiatrist will evaluate your progress and modify therapy and medications as needed to help you accomplish your goals and to achieve the best outcome.

What should I bring to my first visit?

To get the most out of your time with the doctor, please bring:

- All completed paperwork that was mailed home before the visit
- A list of current medications
- Any notes from therapy services (notes may also be faxed to: 207-661-4501)
- Any braces or walking aides that you currently use, or have used in the past
- A list of questions to ask the doctor
- AND don’t forget your family. Many patients find it helpful to bring a close friend or family member with them as they are important to your recovery as well.

How do I make an appointment with a Physiatrist?

Please call 207-885-0011 to request an appointment. If you are not able to come for your visit, please call and cancel at least 24 hours before the appointment. This will allow time for the doctor to care for other patients.

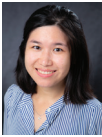
Meet our Providers



Benjamin Branch, DO
Board Certified in Physical Medicine & Rehabilitation
Joined Maine Medical Partners in 2011



Bram Newman, MD
Board Certified in Physical Medicine & Rehabilitation and Sports Medicine
Joined Maine Medical Partners in 2020



Stephanie Chan, MD
Board Certified in Physical Medicine & Rehabilitation
Joined Maine Medical Partners in 2020



Thomas Savadove, MD
Board Certified in Physical Medicine & Rehabilitation
Joined Maine Medical Partners in 2013

We look forward to meeting you and partnering with you on your road to recovery.