



## *Michelle (Shelley) Newton*

### Director of Rehab

*Therapy is moving, inspiring, and setting up circumstances to uncover hope. When patients see their progress, they start to have faith in themselves and believe that they can achieve.*

Shelley Newton, COTA/L, director of outpatient, inpatient and pulmonary rehabilitation, is all about removing anything that blocks patient progress. Ultimately, she works towards patient goals, and listens to what each individual wants to achieve.

For the past 13 years, Shelley has worked in a variety of settings and has had opportunities to treat a broad spectrum of patients. After graduating from Vermont's Champlain College, she obtained her license in occupational therapy and initially worked in an acute-care hospital setting.

“When patients need therapy, it’s a vulnerable time for them,” says Newton. Her immediate response is to treat each patient like a family member. She leads a 25 plus rehab team that emulates her example and they are committed to taking the fear and anxiety away from an injury.

For Newton, it’s important to answer patients’ concerns. She says that many times the greatest question is, “Will I get through this?” Our answer is about rekindling hope and giving practical and meaningful ways to make therapeutic progress and achieve lasting success.

It all starts with an evaluation. Each patient is then given an integrated treatment plan that allows them to achieve a better life quality. And their holistic approach of treating patients is within the context of a family atmosphere.

She says, “Our rehab care team takes extraordinary pride in what people with disabilities accomplish every day and we take every opportunity to point out progressing strength and abilities.”

According to Newton, great leadership provides the right resources, initiatives, and environment for patients to thrive. It’s important to her to have the highest standards of equipment that serves the active and aging population.

Patient need demands that the therapy gym be equipped with specially formulated devices for seniors’ injuries. She says that all of her equipment has a remarkable capability for customization to address unique needs.

“I feel fortunate to be part of an organization that considers patient need as paramount. This is also a company that fosters the growth and advancement of its employees. Our results show with patient progress and happiness and it’s certainly a privilege to be part of their recovery process,” says Newton.

This Vermont native now calls Florida home. To her heart’s year-round content, she can paddle board, jog, ride her motorcycle, and relax at the beach with her spouse and two children.