

WHERE TO

A resource dedicated to student-athletes and their Life after Notre Dame.



DECEMBER 2023

PHYSICAL HEALTH CARE NAVIGATION & MEDICAL REHABILITATION PARTNER: SELECT MEDICAL



Select Medical is proud to be the leader in post-acute recovery and rehabilitation across the United States. With more than 135 specialty hospitals, 1,900 outpatient physical therapy centers, and 535 occupational medicine clinics, we care for 99,000 patients daily across our vast network.

Guided by our mission to provide an exceptional patient care experience that promotes healing and recovery in a compassionate environment, Select Medical's 54,000 health care professionals help patients restore mobility, strength, and quality of life.

"We are honored to partner with Project LAND to offer a continuum of care to help former student-athletes focus on their health and well-being," said David S. Chernow, chief executive officer at Select Medical. "Our physical therapists, athletic trainers, and other clinicians are trained to expertly guide innovative and evidence-based treatments that allow patients to resume to an active, healthy lifestyle."

WHO WE ARE

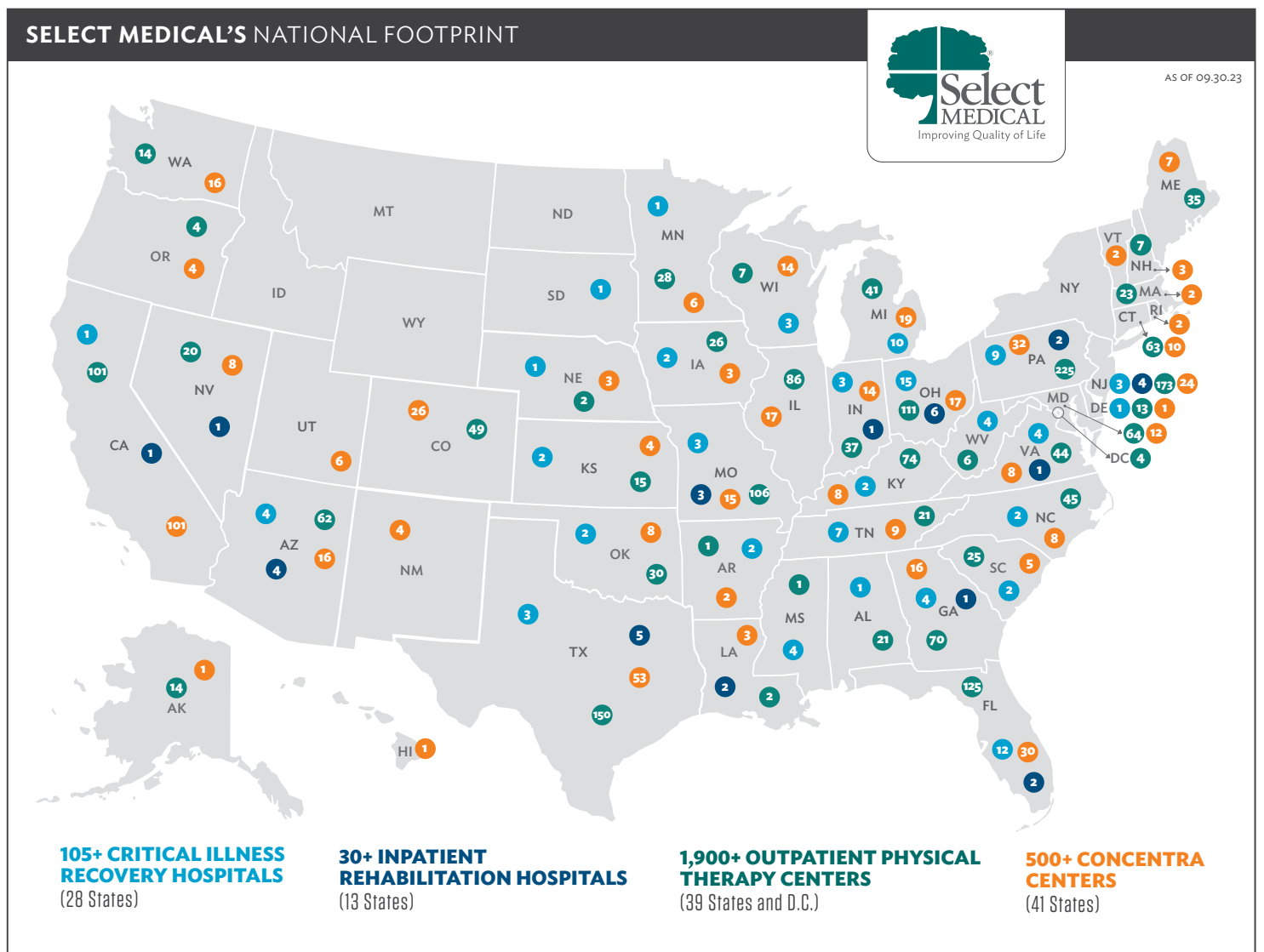
Select Medical is your partner in health and wellness. Under our more than 25 outpatient rehabilitation brands, we provide physical therapy, occupational therapy, hand therapy, sports medicine, and many other specialized programs and services.

Whether it's help with injury prevention, recovery, or performance, we work to:

- Restore function
- Decrease pain
- Increase strength and flexibility
- Educate on avoiding injury
- Optimize performance
- Return you to activity

For those who may require a higher level of care for more medically complex injuries or conditions, Select Medical also operates inpatient rehabilitation and critical illness recovery hospitals across the country.

Visit the Select Medical [website](#) and choose "Find a Location" to locate an outpatient rehabilitation center or specialty hospital nearby.



HOW TO GET STARTED

Let us help. Former University of Notre Dame student-athletes can simply contact Project LAND at 574-318-0722 for further assistance on how to get started.

Explore the Select Medical [website](#), including the [Outpatient Rehabilitation](#) and [Patient Success Stories](#) sections for more information and inspiration.