A Recovery Plan as Unique as You Are

Ridge Crest at Meadow Ridge offers top-rated Sub-Acute Rehabilitation. Our five-star Medicare-rated community has been consistently recognized by U.S. News & World Report as among the best nursing homes in the country since 2018, and we have been honored as a Center of Excellence in Wound Management by Wound Care Specialists. Our exceptional care is achieved through a personalized approach to each patient's needs, including thorough assessments, tailored therapy plans and cutting-edge inpatient and outpatient Rehabilitation.

A Multidisciplinary Team Treats the Whole Patient

Because each person is different, we address your care with a multidisciplinary team, ensuring you receive the specific treatments and support required for your unique needs.

Your team will include:

- Nursing team
- Doctors
- Therapists and specialists
- Dietitian
- Massage therapist
- Social worker

A Full Line of Rehabilitation Therapies

Our experienced specialists share your goals and use state-of-the-art methods and equipment to provide customized, one-on-one therapies, including:

- Physical, occupational, speech and respiratory therapies
- Stroke recovery
- Cardiac care
- Joint replacement rehabilitation
- Orthopedic rehabilitation
- Complex wound care
- COPD/CHF treatment
- IV antibiotics therapy
- Total parenteral nutrition
- Occupational therapy kitchen
- Diabetes management & education
- Infrared and ultrasound techniques for pain and inflammation
- Electrical stimulations to improve circulation
- Customized exercises for strength and balance
- Postoperative observation
- IV push medications
- Virtual reality therapy

Our new doctors' suite offers on-site primary and specialty care, lab draws and consultations. In addition to providing attentive and compassionate treatment, our therapists will accompany patients on follow-up medical appointments.

Ridge Crest Patients Have Better Outcomes Than the National Average

49%
more hours of nursing care

8%
less likely to be re-hospitalized

15%
more likely to return home after discharge

BEST NURSING HOMES
U.S.News & WORLD REPORT
SHORT-TERM REHABILITATION
2026

OUTSTANDING WOUND MANAGEMENT PERFORMANCE
CENTER of EXCELLENCE in Wound Management
Wound Care Specialists, LLC

CMS
CENTERS FOR MEDICARE & MEDICAID SERVICES
5-Star Rating

Data points provided by U.S. News & World Report.





Call us at 203-544-7733 ext. 526 or visit RidgeCrestAtMeadowRidge.com to arrange a visit or get your Rehabilitation questions answered.

RIDGE CREST at Meadow Ridge

HEALTH • WELLNESS • REHAB

Incomparable Features and Amenities

Enhance your recovery in a comforting environment with a wide range of premium services and amenities, including:

- Spacious private and semi-private rooms
- Outdoor walking gardens and patio
- Beauty salon
- Indoor pool
- Housekeeping and laundry services
- Engaging activities
- Social, recreational and cultural programs

In addition, you will enjoy fresh, made-to-order gourmet cuisine prepared by a professional chef. Our full-service dining includes a dedicated waitstaff and consultation with a dietitian.

The menu at Ridge Crest features a variety of freshly made dishes full of locally sourced ingredients and brimming with flavor. Healthy eating has never tasted so good!

Outpatient Rehabilitative Care Close to Home

With a physician's order, residents from the local community have access to the full offerings of Ridge Crest's rehabilitative treatment programs to get back to their best selves.

> *I've had a great experience at Ridge Crest. The Rehabilitation team worked with me tirelessly to regain my strength, and I'm so grateful for their dedication. The care and support here have truly made a difference in my recovery journey. And I must say, I love the food here!*
>
> —Tula M.

100 Redding Road | Redding, CT 06896
Managed by Benchmark Senior Living

06.26