



# Onsite Therapy Services

We provide personalized outpatient therapy solutions!

Our team of dedicated and specialized therapists are committed to enhancing the quality of life for you or a loved one.

Conditions addressed include:

- Lower Back or Neck Pain
- Shoulder or Wrist Pain
- Hip or Knee Pain
- Arthritis
- Tendonitis
- Muscle Strengthening
- Cognitive Retraining
- Joint Inflammation
- Communication or Swallowing Dysfunction
- Vestibular or Balance Disorders

## Our Process

- 1 Once a skilled therapy need has been identified, we will verify your insurance benefits and obtain an order from your physician.
- 2 We will complete an initial evaluation. This is when we get to know YOU and YOUR rehabilitation goals.
- 3 Our therapists will create a custom plan of care to achieve your personal goals.

A physician's order is needed to begin therapy. We bill Medicare, other insurers and private pay for services.

Our treatment approaches are individualized, functional and person-centered, and can include modalities and hands-on exercises to decrease pain, promote healing, and to restore function.

### We Offer the Following:



#### Physical Therapy

- Exercises for endurance and strengthening.
- Treats swelling, joint pain, and limited range of motion.
- Balance training and fall reduction.



#### Speech Therapy

- Improves swallowing skills through muscular strengthening.
- Addresses expressive and receptive communication skills.
- Cognition retraining.



#### Occupational Therapy

- Training on functional skills needed to independently complete daily tasks.
- Improves ability to transfer in/out of the tub, shower, bed, and car.



#### Personal Training

- Individual or Small Group Wellness for functional mobility and cognitive fitness.