



Sometimes we take simple tasks like eating, walking or even bending over for granted. We want to improve your quality of life, so you can regain your independence and do the things you enjoy.

Improvement in Action

Occupational Therapy focuses on increasing your abilities for improved daily living performance. Our therapists will address your capacity to dress yourself and take care of grooming and personal hygiene, while treating you with dignity and compassion. We simulate kitchen and home environments and evaluate the safety of your home to address any obstacles or make recommendations for simple home modifications.

Used to treat: Stroke | Desensitization | ADL re-training and Adaptive Equipment Training | Hands and Upper Extremity *and more...*

Physical Therapy provides one-on-one treatment to ensure increased strength and mobility. We address pain control with electrical stimulation, use therapeutic massage, and work toward improved range of motion with specialized equipment. Progressive strengthening helps with balance and fall prevention. Treatment also includes gait analysis and provides guidance and instruction for home exercise.

Used to treat: Motor Vehicle Injuries | Neurological Conditions | Orthopedic Rehabilitation | Sports Injuries Work-Related Injuries *and more...*

Speech/Language Therapy works to improve your speech, swallowing, memory, reading, problem solving and safety awareness. We specifically address any cognitive issues following surgery, which can often be overlooked by home health. To maximize healing, we focus on nutritional intake and implementing techniques to advance to a safe and less restrictive diet.

Used to treat: Memory | Stroke | Neurological Problems | Speech and Language Problems | Swallowing Difficulties | Cognitive Deficits *and more...*



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Doing What's Right

for your **body**
for your **recovery**
for your **health**

We believe that in doing what is right for our patients, success will follow. We will be here to help you every step of the way during your recovery — cheering for you, guiding you and using our knowledge to improve your health.



*In-Network with most insurances
and worker's comp accepted.*



We Use Technology to Heal

Equipment and expertise matters when it comes to therapy. Our programs have been created for specific reasons and by people who are extremely knowledgeable about the human body and know how to incorporate technology and the right equipment into the healing process.

Our Equipment



Vibe Trainer Pro provides whole body vibration (WBV), in which patients stand on a platform that provides constant vibration that reverberates through the body. Benefits to WBV in therapy are: increased physical strength, dexterity and endurance.

Ultrasound Therapy Units are versatile and assist with managing chronic or acute post-traumatic pain. The beam uniformly supports safer treatment for geriatric patients with reduced muscle mass and joint sensitivity.

E-Stim is a form of treatment that uses electrical currents to create muscle contraction which increases strength, prevents, atrophy, and reduces pain.

snsCare Bike is used to increase cardio endurance, while ensuring that stress is not put on the joints. The upright position engages both the upper and lower body.



We incorporate the use of parallel bars, hand weights, and thera bands as appropriate.



Our therapists are thoroughly trained on all the equipment and know how to encourage and inspire. We are high tech **and** high touch.



It's Time to Get Better

We've seen it all. And helped many. We have established procedures and incorporate our extensive training to help you get better. But we don't just treat an injury or think of you as a nameless patient. You matter to us.

Neck & Back — headaches/migraines, sciatica, spinal fusion, whiplash, lowback pain

Knee — ACL injury, tendonitis, knee joint replacement, meniscus or ligament tear

Shoulder — fracture, dislocation, pre/post operative, rotator cuff tear, impingement

Hip — joint replacement, bursitis, piriformis syndrome

Elbow & Wrist — carpal tunnel, tennis elbow, fractures

Ankle & Foot — plantar fasciitis, sprain/strain

Balance & Vestibular Disorder — fall prevention, dizziness, neuropathy

Speech — articulation, voice

Language — expressive language, auditory comprehension, reading

Cognitive — attention/memory, sequencing, safety awareness, executive function

Dysphagia — difficulty swallowing

What's something our patients have in common? They're smiling. Because they see results.

It's your turn.

Meet Our Therapy Team



Melissa Ohm, PT



Samantha Poindexter, PTA

Licensed Physical Therapy

As a team, we get a sense of fulfillment from being able to assist our patients in their rehabilitation process and seeing them returning to previous functional levels and a more normal way of life.

We have one of the best therapy staffs in the area because we develop programs based on individual needs. It's truly patient-centered treatment with high quality care that isn't "cookie cutter."



Anna Kirschbaum, OTR



Kathleen Bridges, COTA

Licensed Occupational Therapy

We love the smiles on our residents faces when they improve and meet a goal. They tell the best stories and jokes — there is never a dull moment! We enjoy getting to know them as people.



Rachel Lee, DOT/SLP

Licensed Speech Therapy

It's important to celebrate progress, no matter how big or small. This creates a very positive and safe environment. We see first-hand how therapy can change people's lives for the better.