

Physical Therapy

Physical therapy in the home environment allows you to complete the rehabilitation process in the convenience & comfort of your own home. It allows you to work on specific tasks that present challenges that are encountered on a daily basis.



YOU MAY BE A CANDIDATE FOR PHYSICAL THERAPY IF YOU EXPERIENCE:

- Joint immobility
- Strength deficits
- Pain
- Balance deficits
- Frequent falling
- Problems with home mobility (ex. walking around in your home; getting in/out of shower)

GENERAL SHORT-TERM GOALS/BENEFITS:

- Pain reduction
- Swelling/edema control
- Stretching to regain normal joint motion
- Strengthening to improve walking
- Assistance with exercises to improve balance
- Inner ear repositioning for BPPV “rocks”
- Improving spinal mobility to decrease pain & increase function
- Fall prevention program
- Total joint care (precaution, safe progression of activity & exercise)
- Assistance with ordering appropriate equipment to aide in walking, bed mobility, shower safety, etc.
- Bracing, splinting, taping

GENERAL LONG-TERM GOALS/BENEFITS:

- Decrease falls by improving strength, balance, & postural awareness
- Decrease joint & muscular pain to improve natural movement patterns
- Provide instruction on proper exercise to improve strength & independence



OFFICE HOURS:

9:00 am - 4:00 pm (Mon through Fri)
24 Hour On-Call RN, 7 days a week including holidays

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