



OUR PASSION. YOUR RECOVERY.



Providing results-driven physical, occupational and speech therapy in convenient outpatient settings.



Central Scheduling:
(757) 989-8830, option 2



riversideonline.com

RIVERSIDE PHYSICAL THERAPY

When an injury or illness limits your ability to work and perform your normal daily activities, you want your independence, mobility and functioning returned as quickly as possible. Riverside's Outpatient Therapy program offers a comprehensive array of physical, occupational and speech-language therapies in an outpatient setting to cover most any rehabilitation need—all within the Riverside Health System.

Riverside treats patients like you who have experienced...

Stroke or other acute diseases

Brain or spinal cord injuries

Sports, Workman's Compensation or other injuries

Neurological disorders

Balance difficulties

Acute or chronic medical conditions

Injury- or disease-related speech and language deficits



PHYSICAL THERAPY

Physical therapy heals and prevents injuries and disabilities of your muscles, bones and joints that limit your ability to move and function. If you're recovering from surgery, injury or neurological trauma, physical therapy rebuilds your strength, flexibility, balance and confidence.

Standard physical therapy services

Your physician may prescribe Orthopaedic Therapy for rehabilitation from general disorders and injuries or Post-operative Therapy to help you transition following surgery. Neurological Physical Therapy supports patients struggling with paralysis, vision impairment, poor balance, inability to walk and loss of functional independence due to stroke, brain or spinal cord injury, or disease, such as Alzheimer's, Multiple Sclerosis and Parkinson's.

Riverside's Physical Therapists are trained and experienced in specialized therapeutic services, including Manual Therapy, a form of physical therapy

that uses hands, and Myofascial Therapy, which treats pain from trigger points in muscles and connective tissue. We also provide rehabilitation following Workman's Compensation injuries and neck and back pain (including Sacroiliac (SI) Joint and Pelvic Asymmetry).

Riverside offers these standard services at all locations. Some locations also offer additional physical therapy services.

Additional physical therapy services

Loss of balance and mobility are not necessarily signs of aging, although falls are the leading cause of injury in older adults. Through Riverside's outpatient Fall Prevention and Balance Restoration Program, your therapist will evaluate your mobility and balance skills and develop a progressive, customized exercise program you can continue at home. If appropriate, your therapist may recommend Aquatic Therapy, which uses water to provide natural resistance for patients who need a gentler form of physical rehabilitation. Riverside's Physical Therapy program has pools in several of our locations.

Spinal Traction decompresses pinched nerve roots and helps treat herniated disks. Vestibular Rehabilitation treats dizziness and balance from injury, central nervous system disorders or hearing problems using special exercises and activities to compensate for inner ear disorders.

Childbirth, bicycle riding, accidents and some sports can strain the muscles in the pelvic floor. Pelvic Floor Therapy relieves tight trigger points that cause pain, and rebuilds unsupportive muscles that may cause incontinence.

When medical conditions, such as diabetes, delay or hinder your body's natural healing process, Anodyne Therapy, or infrared therapy, increases circulation and reduces pain due to poor circulation or chronic circulatory impairment.

Physical therapy does more than treat disease and injury after they've occurred. Our Wellness and Injury Prevention programs protect you from injury so you can safely enjoy sports and other activities.

OCCUPATIONAL THERAPY

Many of our activities of daily living – such as eating, dressing, bathing, moving from a bed to a chair, using the bathroom and walking – require a high degree of control and precision. Occupational Therapy develops your fine motor skills and increases your independence in all areas of your life: self-care, work and leisure activities. Your primary care physician, surgeon or specialist may refer you for occupational therapy to treat acute or chronic conditions, or provide rehabilitation following surgery, injury or neurological incident.

Surgery, carpal tunnel, arthritis, illness, repetitive stress and sports injuries can limit your ability to use your upper body or hands. We offer specific therapeutic techniques for Upper Extremity and Hand



Rehabilitation. If needed, Riverside also fabricates custom splints from advanced materials and molds them to fit your unique anatomical structure or impairment.

Cognitive Rehabilitation Exercises improve deficits in attention, thinking, visual and auditory processing, listening and reading. We also provide Ergonomic Assessments which evaluate posture and workplace equipment for prevention of repetitive injuries and other stressors.



SPEECH-LANGUAGE THERAPY

Stroke, traumatic brain injury or degenerative diseases may limit your physical or cognitive ability to communicate or swallow. Riverside's Speech-Language Pathologists diagnose and treat voice disorders and vocal dysfunction, swallowing disorders, and developmental or acquired speech and language deficits.

Our speech-language therapists can perform specialized speech and language therapies aided by some of the most advanced diagnostic and treatment instruments available. After a stroke, head injury, tumor or other illness that affects the brain, we can treat motor muscle disorders in the face (Dysarthria); problems with speaking, listening, reading and writing (Aphasia); and speech disorders that prevent you from communicating correctly and consistently (Apraxia). Using a Stroboscope, our physicians/therapists can directly examine your vocal cords and surrounding structures. If you've had a laryngectomy, your doctor may prescribe a Voice Prosthesis, which enables you to convert sound into speech.

Advanced speech-language therapies

Riverside's therapists can apply/administer several unique and innovative forms of treatment including:

- Lee Silverman Voice Therapy, an intensive speech therapy program that improves speech and voice function for Parkinson's patients through motor and sensory retraining.
- Augmentative Communication helps patients with severe speech and language problems express themselves using electronic devices and other visual aids.
- Fiberoptic Endoscopic Evaluation of Swallowing (FEES), is a non-invasive technique that allows ear, nose and throat physicians to assess swallowing and eating deficits without X-rays.
- Vital Stimulation Therapy retrains your muscles to restore your swallowing function.
- Cognitive Behavioral Therapy helps patients emotionally cope with their injury or illness.



WHY RIVERSIDE

Only licensed professionals will treat you.

While other providers may assign a therapy aide to you, Riverside only allows fully licensed therapists to give treatments. As a mission-driven, not-for-profit corporation, we're focused on quality care and excellent outcomes.

We're connected.

Riverside Health System employs the most current information technology available, making it easy for your doctors and therapists to share vital information. It's a fact that patients cared for by health systems that take advantage of information technology have better outcomes in satisfaction and other key measures.

We're convenient.

With several locations in or near our hospitals, Wellness & Fitness Centers and physician offices, you can choose the location most convenient for you. We also offer early morning and evening appointments to meet your busy schedule.

We're more complete.

With a full continuum of health care and aging-related services, Riverside offers more choices than any other provider in Eastern Virginia. We emphasize patients' health and wellness through all stages of life. Let us be your lifelong healthcare partner.

WHAT YOU NEED TO KNOW

Most health insurance plans, including Medicare and Medicaid, cover outpatient therapy services, which are exempt from Medicare therapy caps. In most cases, you require a referral from your physician before initiating therapy.

GETTING STARTED

We want to help you completely recover from whatever is currently holding you back. Ask your physician for a referral to Riverside Physical Therapy. Then schedule your first visit so we can evaluate your needs and develop a recovery plan to meet your goals. For appointments or more information, call Central Scheduling at **(757) 989-8830**, option 2.

