

## What is Physical Therapy?

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Physical therapy services are offered to patients of all ages who need assistance to move and function. From athletes to geriatrics, dedicated therapists work one-on-one with patients, helping them to overcome limitations and achieve full recovery potential.

## How Can I Benefit From Physical Therapy?

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If you have one of the following conditions, you may benefit from physical therapy:

- back and neck pain
- arthritis
- pain after an automobile accident
- work-related injuries
- muscle weakness and low endurance
- pregnancy-related back pains
- headaches
- walking and balance problems
- Parkinson's and MS
- COPD
- Wounds/Burns
- Diabetic Neuropathy

*We are currently accepting new patients with acute (sudden) injuries, neurological (brain and spine) disorders, post-surgery, or chronic (long-term) conditions.*

## What Will I Do In Physical Therapy?

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You may receive some of the following during your care. This includes specific exercises to address muscle weakness, stiffness, and low endurance, manual treatments, methods for pain relief and education to help improve your lifestyle and overall function. Our specialities include:

Pain Management  
Lymphedema Management  
Vestibular/Balance Disorders  
Diabetic Foot Education  
Posture/Body Mechanics Training  
Sports Injuries  
Wound Management  
Pre-Employment Test  
Development/Performance  
Urinary Incontinence  
Pelvic Floor Pain  
LBP Associated with Pregnancy

## How To Make An Appointment

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In order to make an appointment with a Physical Therapist, you must obtain a dated prescription for Physical Therapy from your doctor with your diagnosis. If you are having difficulty you may contact either of our locations and we will assist you.



## Treatment Staff

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Our physical therapists have over 75 years of experience. We are experts in the examination and treatment of problems that affect people's abilities to move and function. The abilities are driven by four major systems in the body: musculoskeletal, neuromuscular, cardiovascular/pulmonary, and integumentary. Our physical therapists are educated and experienced to manage all four systems.

Our therapists will help patients return to an active life as quickly as possible through an individualized treatment plan.



## Service Hours

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Touchette Regional Hospital partners with Professional Therapy Services, Inc. to provide inpatient rehabilitation services at TRH and outpatient rehabilitation services at two convenient locations:

### Touchette Regional Hospital

Monday - Friday

7:30 am - 4:00 pm

### Archview Medical Center

Monday - Friday

7:00 am - 5:00 pm



## For More Information

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For more information about our Physical Rehabilitation Services please feel free to contact our staff at either location:

Physical Rehabilitation Locations:

### **Touchette Regional Hospital**

5900 Bond Ave. Centreville, IL 62207

Phone: 618.332.5450

Fax: 618.332.5259

### **Archview Medical Center**

2071 Goose Lake Rd. Sauget, IL 62206

Phone: 618.337.9461

Fax: 618.337.9482



# Physical Rehabilitation

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A GUIDE TO PHYSICAL THERAPY SERVICES



TOUCHETTE | 618.332.5450

ARCHVIEW | 618.337.9461