



Occupational Therapy and Physical Therapy



The goals of rehabilitation are to help you become more independent and to help you adapt to limitations that have resulted from an injury or disease. For most services, a physician referral is necessary. Your treatment will begin with an evaluation and the development of an individualized treatment plan. Our team will consult and collaborate with you, your family, your doctor, and other healthcare providers. We want all aspects of your treatment to be as pleasant and productive as possible, so please let us know of any concerns you have about your care. Nashoba Valley Medical Center's Rehabilitation Services include:

PHYSICAL THERAPY (PT)

Our highly experienced physical therapy team addresses mobility issues that are a result of sports or work related injuries, muscle strains, joint sprains and other orthopedic or neurological disorders. Individual programs are designed to decrease pain, improve mobility and function, increase strength, range of motion and endurance, therefore improving quality of life. Through the use of therapeutic exercise, specialized equipment, education and hands-on techniques each individual's goals are reached.

OCCUPATIONAL THERAPY (OT)

Occupational therapists are skilled in addressing daily functional limitations that are a result of various medical or surgical conditions. An individualized treatment program will be designed and implemented based on the evaluation findings. Programs may include exercise, education on conserving energy, joint protection techniques, activity modification, adaptive or assistive devices and splinting.

SPECIALTY PROGRAMS:

Occupational Therapy

- Hand Therapy
- Occupational Health Injury Prevention & Management
- Performing Artists Injury Prevention & Management

Physical Therapy

- Aquatic Therapy
- Occupational Health Injury Prevention & Management
- Spine Rehabilitation
- Sports Injury Prevention & Management
- Urinary Continence
- Vestibular Rehabilitation
- McKenzie Method Mechanical Diagnosis & Therapy

Sports Medicine Programs: Nashoba Valley Medical Center's Sports Medicine team is a group of healthcare professionals who serve the local communities athletic population. This team consists of a multidisciplinary approach, providing clinical care and education to both athletes and coaches in a variety of settings and levels. The Nashoba Valley Medical Center Sports Medicine Team includes:

- Orthopedists
- Physical & Occupational Therapists
- Licensed Certified Athletic Trainers
- Certified Strength and Conditioning Specialist

Hand Therapy Program: Our Occupational Therapy Hand Clinic addresses post-traumatic, surgical, overuse and sports-related injuries to the hand, wrist, elbow and shoulder. Expert, custom splinting is available, as required. We have two certified Hand Therapists on staff.

Aquatic Therapy Program: In coordination with land-based therapy in the outpatient clinic, individuals benefit from an aquatic exercise treatment plan, supervised by our specially trained and dedicated staff. We provide aquatic therapy to those with injuries and diseases including arthritis, stroke, sports injuries, orthopedic injuries or surgery, neck or back pain and fibromyalgia. Facilities include a 2,400 square foot pool, ranging from 3.5 to 7 feet deep. A hydraulic lift is available for those having difficulty entering and exiting the pool.

Spine Rehabilitation: For acute spine injuries or conditions, individuals are treated with a specific program with the goal to return to nor-





mal daily activities as soon as possible. For chronic spine injuries or conditions, we have an aggressive spine rehabilitation program which focuses on cardiovascular exercises, strengthening and flexibility exercises, and functional activities. Our staff utilizes a variety of treatment approaches emphasizing active patient involvement.

Vestibular Rehabilitation: This is a non-invasive technique for patients with balance and vestibular disorders. Each task is designed to address the specific needs of the individual patient. Those who would benefit from this intervention would include individuals experiencing: positional vertigo, persistent vertigo, history of falls, motion sickness, headaches, stiff neck, visual motion disturbances, blurred vision, and agoraphobia (fear of open spaces and poor balance). Diagnoses that are generally treated in this program may include:

- Benign paroxysmal positional vertigo (BPPV)
- Labyrinthitis
- Vestibular neuronitis
- Chronic vestibulopathy

- Disequilibrium of aging
- Post-surgical imbalance
- Connective tissue disorders
- Bilateral vestibular weakness from ototoxicity
- Vertigo of unknown etiology and dizziness

Successful completion of the program results in a decrease in frequency, intensity and duration of vertigo. Additional benefits include a decrease in related symptoms such as headache, nausea, lightheadedness and improved balance. With improvement in these areas the patient will ultimately express overall improvement in performance in activities of daily living.

GETTING STARTED

Referrals to PT, OT and Speech require a prescription from a physician, along with insurance authorization or referral, as required by the health care insurance. Physical & Occupational Therapy initial evaluation appointments are offered within two business days at time of call. Appointments for PT, OT and Speech are coordinated as much as possible for patients requiring more than one service.



DIRECTIONS

FROM THE NORTH:

South on Route 495 to Littleton Common/Groton Exit 31, Route 119. Head west toward Groton on Route 119. Left on Old Ayer Road, just before coming in to Groton. Old Ayer Road becomes Groton Road. Distance from start of Old Ayer Road is 2.0 miles. Hospital is on the right.

FROM THE SOUTH:

North on Route 495 to Route 2 West. Follow Route 2 West to Ayer/Harvard Route 110 Exit 37. Follow Route 110 to Ayer rotary, turning right off the rotary on to Main Street, immediately beyond McDonald's. Follow Main Street .3 miles to the first right, Groton/Harvard Road (Blue "H" sign). Take a right on Groton/Harvard Road. Go straight through two stop signs. At the second stop sign, take a right onto Groton Road. Hospital is on the left - 1.5 miles from start of Groton/Harvard Road.

FROM THE WEST:

Follow Route 2 East to Ayer/Harvard/Route 110 Exit 38B. Continue as above.

FROM THE EAST:

Follow Route 2 West Ayer/Harvard/Route 110 Exit 38B. Continue as above.

FROM ALL POINTS:

Blue "H" hospital signs are reliable indicators of direction.

Nashoba Valley Medical Center is a community hospital serving communities in North Central Massachusetts. Located in Ayer, the hospital boasts a highly qualified medical staff offering community based primary care and a wide range of specialty services.



Nashoba Valley Medical Center

Where Excellence is Essential

200 Groton Road
Ayer, MA 01432
(978) 784-9000

www.nashobamed.com

Important Telephone Numbers

Occupational & Physical Therapy	978-784-9350
24-Hour Emergency Department	978-784-9250
Main Number	978-784-9000
Physician Referral	978-784-9257