

# PHYSICAL & OCCUPATIONAL THERAPY



**MidHudson  
Regional Hospital**

Westchester Medical Center Health Network



[MidHudsonRegional.org](http://MidHudsonRegional.org)

# Movement and Everyday Function

Therapy Connection, MidHudson Regional Hospital's outpatient physical and occupational therapy program, is staffed by experts in dysfunctional movement patterns — their causes and their correction. The program has a patient-centered team approach in which your therapist communicates with your physician and collaborates with you to identify functional goals that will achieve excellent outcomes.

From the time you are assessed to the completion of your program, we ensure your understanding of treatment and empower you to regain control over the condition that initially brought you to us.

In addition to traditional physical and occupational therapy, the team at Therapy Connection specializes in balance and vestibular disorders, management of neurological conditions (i.e. stroke, Parkinson's disease), hand and arm injuries, and treatment for individuals with cancer.



# Diagnosis and Treatment

Our licensed physical and occupational therapists treat the whole spectrum of diagnoses, including: neck, back, knee, foot, ankle, hand, wrist and shoulder pain, pre- and post-surgical therapy needs, automobile accidents and sports injuries, fractures, dizziness, vestibular and balance problems, weakness, stroke and cancer-related problems.

For patients with cumulative trauma disorders and other chronic conditions, Therapy Connection therapists consult with various resources to establish a preventative program.

Our therapists also prescribe workstation changes to help ensure healthy work practices for people of all occupations.

At the Therapy Connection, we use a combination of methods, personalized for each patient, including hands-on techniques for soft tissues, joint mobilization, therapeutic exercise, lifestyle modification, daily living activities, balance and gait training, and the use of assistive devices. Fabrication of foot orthotics and upper extremity splints, as well as modalities such as heat, ice, electric stimulation and ultrasound, are also used.

## Physical Therapy and Occupational Therapy

Physical therapists are professionals who specialize in movement of the human body, diagnosing and treating patients of all ages with injuries that limit mobility and the ability to perform functional activities in their daily lives. Physical therapists develop treatment plans using techniques to promote increased movement, reduce pain, restore function and prevent disability.

Occupational therapists are professionals who evaluate and treat conditions that affect a patient's ability to perform meaningful everyday tasks from getting dressed to returning to work/school. They develop treatment plans and assist patients with a variety of functional activities to improve motor, visual, cognitive, and coordination skills.

# Hands-On Approach and Patient Outcomes

Our therapists use innovative, hands-on methods and practical tools to evaluate, monitor and guide you through your recovery. Additionally, we emphasize educating you on your condition and instructing you in a home exercise program to reduce the chance of re-injury or long-term, costly medical care.

Our early-intervention therapy model focuses on expedited patient recovery and reduced cost of care. Through continuity, consistency, and individualized treatment, we recognize you as the most valuable member of our team. We ensure you are treated by the same therapy team throughout the duration of your care, to more closely evaluate progress and increase your rate of success.

## For More Information

MidHudson Regional Therapy Connection is conveniently located in the Atrium of the Hospital, Suite 404. Garage and valet parking are provided.

For more information, please call **845.431.8159**.



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