

# PHYSICAL & OCCUPATIONAL THERAPY

If you have pain or have lost mobility as a result of injury or disease, Ingalls outpatient therapy team can help you regain your lifestyle. Our physical and occupational therapists plan and implement programs to decrease pain, improve strength, maximize physical abilities and get you back to work or sports participation.

## Services

Ingalls team of Physical Therapists includes experts in treating musculoskeletal disorders that cause pain and dysfunction. This includes:

- ▶ Low back pain
- ▶ Neck pain
- ▶ Shoulder pain
- ▶ Knee pain
- ▶ Hip pain
- ▶ Ankle pain
- ▶ Sports injuries

Here you will find the latest treatment advances in pre- and post-operative joint replacement rehab, post surgical low back and neck rehab, and non-surgical rehab for spine and peripheral joint problems. We also have sports and conditioning specialists for injured athletes to return them to their highest level of competition.



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We work to decrease pain and increase range of motion and strength to restore

normal movement and function. In addition, we offer specialized programs to treat balance and dizziness disorders, stroke and neurological disorders, peripheral neuropathies, osteoporosis and pediatrics. Our state-of-the-art facility in Flossmoor has the most up-to-date equipment, including aqua therapy and infrared light therapy.

## Occupational Therapy Overview

Occupational therapists use prescribed therapeutic activities to aid in hand and upper extremity rehabilitation. Patients may require occupational therapy for treatment of the following conditions:

- ▶ Chronic and traumatic hand injuries
- ▶ Burns
- ▶ Nerve compressions
- ▶ Peripheral nerve injuries
- ▶ Neurological insults
- ▶ Amputations
- ▶ Fractures
- ▶ Ligament injuries



For more information, or to make an appointment, please call **1.800.221.2199**

**FLOSSMOOR**



Family Care Center  
Flossmoor