



Physical Therapy restores mobility quickly.

What is Physical Therapy?

Physical Therapy helps to restore mobility and relieve pain after surgery, injury, or disease. You'll work with a licensed Physical Therapist who is specially trained to evaluate you and help you recover your strength and stamina quickly.

During your initial appointment, your Lawrence General Hospital Physical Therapist will evaluate:

- Level of Pain
- Range of motion
- Flexibility
- Strength
- Balance
- Posture
- Coordination
- Endurance
- General mobility such as walking or climbing stairs

After the evaluation, your Physical Therapist will develop a treatment program unique to your overall health and wellness. At regular appointments you will perform exercises and actions specific to your recovery.

Lawrence General Hospital is proud to be clinically affiliated with:



Physical Therapy Center
Lawrence General Hospital
1 General Street
Lawrence, MA 01842-0389
978.683.4000 ext. 2061
pt@lawrencegeneral.org
www.lawrencegeneral.org

Physical Therapy Center

Recover Quickly



Lawrence General Hospital has been a vital part of the Merrimack Valley since 1875.

Lawrence General Hospital is a leader in delivering high quality, high value, patient-centered care. Hospital highlights include:

- A Cardiac Catheterization Laboratory providing both emergency and elective angioplasty. Our affiliation with the CardioVascular Institute of Beth Israel Deaconess Medical Center means that our Cardiac Care services rank amongst the very best in the state.
- The most comprehensive Pediatric Center in the area.
- A \$20 million, highly efficient Emergency Center.
- Affiliations with Beth Israel Deaconess Medical Center, a teaching hospital of the Harvard Medical School, and Floating Hospital for Children at Tufts Medical Center.
- A spa-like Imaging Services Pavilion with fully open-bore MRI featuring the Ambient Experience.
- A Minimally Invasive Thoracic Surgery Clinic.
- A "rapid results" four-suite Sleep Center.
- A complete state-of-the-art Physical Therapy Center.

The best medical care is available right here in your own back yard.





*Physical Therapy gets you
back in action quickly.*

What Should I Expect?

At the Lawrence General Hospital Physical Therapy Center you will meet with a Physical Therapist who will review your medical history, test and measure your mobility and strength, and develop a treatment strategy uniquely tailored to your needs and personal goals.

At the Lawrence General Hospital Physical Therapy Center, your treatment will include methods to reduce pain and swelling, as well as to help you restore your flexibility, strength and endurance.

A variety of therapeutic exercises will be specifically designed for you to accomplish both during your appointment and at home. We use state-of-the-art equipment to help speed your recovery.

Your Physical Therapist will document your progress, monitor your condition, modify your treatment plan, and communicate with your physician as needed.

Symptoms and common conditions requiring physical therapy:

- Neck and back pain
- Joint pain or replacement
- Sports injuries
- Arthritis
- Orthopedic surgery
- Sciatica
- Tendinitis

Frequently Asked Questions

Q: Why have Physical Therapy at Lawrence General Hospital?

A: By completing your physical therapy at Lawrence General Hospital, you have all of the resources of the region's leading critical care hospital available to you. From diagnosis to treatment to recovery, the continuity of care provided for you here is second-to-none. Our Physical Therapists work closely with your physician, orthopedic surgeon, or other specialists to provide complete and comprehensive care for you all in one convenient location.

Q: How often do I need to go to Physical Therapy?

A: Following your evaluation, your Physical Therapist will discuss your treatment options with you. A typical course of physical therapy includes two to three treatment sessions per week for four to six weeks.

Q: Do I have to do exercises at home?

A: Studies have shown that exercising at home in addition to treatment at the Center speeds recovery.

Q: What should I wear to Physical Therapy?

A: Please wear loose fitting clothing.

Q: Can I bring a caretaker or friend with me?

A: Only patients are permitted in the Physical Therapy Center. There is a waiting area for caretakers, friends or family members.

The Physical Therapy Center at Lawrence General Hospital

The Physical Therapy Center at Lawrence General Hospital provides both in-patient and out-patient services.

Appointment Times

Convenient appointment times are available, including early mornings and evenings. Please call or email to schedule an appointment. If you need to reschedule, please contact us at least 24 hours before your appointment.

Parking

Please park in the free, secure lot on General Street, and take the complimentary StepSaver shuttle to our Main Lobby entrance. Take the elevator to the Physical Therapy Center on the second floor.

Insurance Coverage

Physical Therapy is reimbursed by most major health insurance plans. Please check with your insurance provider to determine if a referral is required for Physical Therapy treatment.

For More Information

For more information about the services provided by the Physical Therapy Center, please contact:

**Lawrence General Hospital
Physical Therapy Center
978.683.4000 ext. 2061
email: pt@lawrencegeneral.org**

"I had foot surgery at Lawrence General Hospital. It was convenient to go to physical therapy there too. The friendly staff taught me how to use my crutches and helped me regain full range of motion, and activity, much faster than I ever expected." - Nick Z