



mobility. recovery. flexibility.

Harrington HealthCare System
Rehabilitation and Sports Medicine

Harrington

HEALTHCARE SYSTEM

Total Local Care



MEET THE STAFF

We are privileged to have such a well-educated and experienced staff. Here, you'll meet therapists who joined Harrington as new graduates, and those with more than 30 years of experience in their field.

Our therapists are experienced in many different clinical settings, including acute care, early intervention, school systems, athletic teams, outpatient, home care, short-term rehabilitation, assisted living, and long-term care. Their extensive backgrounds help identify with the patient's needs and determine the most efficient course of action for rehabilitation.

Our team is comprised of therapists who specialize the rehabilitation of hand disorders, lymphedema, orthopedic sprains and strains, post fracture care, pelvic disorders, swallowing disorders, assessment of equipment needs for the mobility impaired and many other conditions. We are proud to serve you, your family and the community with the best rehabilitation services possible.

Our Services Include:

Community Education	Pelvic floor/Incontinence
Lymphedema	Repetitive/Stress Injury
Neurological Rehabilitation	Spine Care
Oncology Rehabilitation	Sports Medicine Injuries
Orthopedic	Vestibular Rehab
Osteoporosis	



Rehabilitation Services at **Harrington HealthCare System** has been recognized as both the largest provider and the rehab leader in South Central Massachusetts. We specialize in helping people live their lives to the fullest, whether to participate in sports, return to work or simply enjoy their surroundings. Our goal is to provide each patient with a specialized treatment program that can be accomplished in the shortest period of time.

We utilize multiple treatment techniques in order to obtain superior outcomes. Our therapists have exceptional and specialized skills to meet the needs of every patient, often spending many hours dedicated to continuing education programs. Our patients are first seen for an initial evaluation. Treatment plans are customized to meet the individual's needs. Our physical and occupational therapists are supported by skilled physical therapy assistants and occupational therapist assistants.

We treat patients with many diagnoses, including sports injuries, orthopedic sprains and strains, post fracture care, total joint replacements, neurological diagnoses including strokes, head injuries, Parkinson's disease, Multiple Sclerosis, spinal cord injuries and upper and lower extremity amputations.

Harrington HealthCare is accredited by The Joint Commission (TJC). In addition, we have been recognized by the FOTO (**Focus On Therapeutic Outcomes**) organization for excellent patient outcomes. Our scores are the result of retaining skilled and experienced therapists who have worked in a variety of settings and who are able to apply that knowledge to the development of comprehensive treatment plans at Harrington.





SPORTS MEDICINE

The Harrington HealthCare Sports Medicine Program is dedicated to the diagnosis and treatment of your sports injuries, including fractures, sprains, ligament and tendon tears and pain.

Your confidence in our program is important. Harrington's Orthopedic Surgeons have been specialty trained – they are experts in the treatment of all levels of recreational, student and collegiate athletes. Our surgeons are members of the American Orthopedic Society for Sports Medicine, Arthroscopy Association of North America and the American Medical Athletic Association which fosters innovation and cutting-edge sports treatment advances. They are knowledgeable in the latest techniques in preventive, non-operative, and operative management of sports injuries, including arthroscopic and other minimally invasive techniques.

Our facilities have advanced diagnostic imaging required to evaluate injuries on site, including MRI and CT scanning. We give our patients peace of mind knowing their testing is being read by Harvard Medical Faculty Physicians from Beth Israel Deaconess Medical Center. Our surgeons work hand-in-hand with our physical and occupational therapists to tailor an individualized rehabilitation plan. Our rehabilitation facilities have many features, including the ability for manual therapy, stretching, strength and conditioning, aquatic therapy and endurance training.

We are actively involved in sports coverage in the community where we live and practice. Our physicians have also trained and cared for athletes at various professional levels, providing on-field and on-court coverage to some of the nation's finest athletes.

Our team understands the importance to both physical and mental health in getting you back to sports, school and work.



PHYSICAL THERAPY

No matter what area of the body bothers you – elbow, neck, shoulder, back, hip, knee, or ankle – our physical therapists have an established history of helping individuals recover and continue to have active lives.

Because physical therapists receive specialized education in a variety of sciences – physics, human anatomy and kinesiology (human movement) to name a few – they understand how the body works and how to get you moving again. They know how to manage four of the body's major systems – musculoskeletal, neuromuscular, cardiovascular/pulmonary, and integumentary (skin) to restore and maximize mobility.

Graston Technique®

The Graston Technique® (GT) is an innovative, patented form of instrument-assisted soft tissue mobilization that effectively breaks down scar tissue and fascial restrictions. The technique utilizes specially designed stainless steel instruments to detect and treat specific areas exhibiting soft tissue fibrosis or chronic inflammation.

Originally developed by athletes, GT is used worldwide by healthcare professionals, including at more than 1,500 outpatient facilities and by more than 250 professional and amateur sports organizations. Harrington is proud to offer this technique to our patients.

Vestibular Rehabilitation

The Vestibular Rehab program provides treatment to clients who suffer from dizziness, vertigo and/or disequilibrium. These sensations may result in the inability to work, drive, or perform activities of daily living. Possible causes may include Benign Paroxysmal Positional Vertigo, inner ear conditions (labrynthitis, neuronitis), neurological issues, trauma, post-concussive symptoms, or age-related degeneration of the vestibular system.

Incontinence

We have an established program for incontinence and bladder control. Trained Physical Therapists in female pelvic floor incontinence provide state-of-the-art treatment to women of all ages. Harrington is the only rehab clinic in South Central Massachusetts to offer comprehensive therapy services for female incontinence and pelvic pain.

Based on patients' needs, we will set up a treatment plan that may include the following:

- Therapeutic exercise
- Electrical stimulation
- Biofeedback
- Ultrasound
- Manual therapy
- Neuromuscular re-education
- Educational instruction
(bladder retraining, skin care, dietary modifications, behavioral strategies)

OCCUPATIONAL THERAPY

Our Occupational Therapists (OT's) and Certified Occupational Therapy Assistants (COTA's) help people participate in activities they want and need to do. When an individual experiences an injury, disease, or 'wear and tear' as a result of repetitive stress, OT can help them regain skills and participate in meaningful activities.

Occupational Therapy helps people regain their independence and ability to return to the 'occupations' of self-care through dressing, bathing, feeding, cooking, housework, work and leisure.

Not only can OT improve function, but it teaches patients compensatory skills to lead productive, satisfying lives. Our Therapists can assist with equipment needs and, in many cases, the equipment is available to try inside our clinic.



Our Therapists are proficient in upper-extremity evaluation and treatment. We specialize in therapy for a variety of injuries, including fractures, tendinitis and tendon repairs.

In addition, our OTs are well-versed in neurological-based diagnoses, including Multiple Sclerosis, stroke and Parkinson's disease.

Through continuing education in evidence-based treatment, our therapists are committed to the most current modalities and treatment techniques, including Kinesiotaping, Lymphedema and custom splinting.

SPEECH THERAPY



We provide evaluation and treatment of swallowing and communication difficulties affecting children and adults. Our Speech Pathologist is certified by the American Speech-Language-Hearing Association and holds certification in Lee Silverman Voice Treatment (LSVT), VitalStim Therapy and Deep Pharyngeal Neuromuscular Stimulation.

Our speech therapy program helps individuals ages 3 and up with aphasia, apraxia of speech, cognition, dysarthria, expressive and receptive language, speech sound disorders and stuttering.

We also specialize in the evaluation and treatment of adults who experience difficulty swallowing, whether from stroke, dementia, head injury or a significant neuromuscular disease, such as Parkinson's disease, Multiple Sclerosis, or ALS.

LYMPHEDEMA

Lymphedema refers to the accumulation of an excessive amount of protein-rich fluid in tissues resulting in swelling. Lymphedema occurs from damage to, or structural problems within, the lymphatic system. Early diagnosis and treatment improves both the prognosis and the condition.

Our certified lymphedema specialist will provide a comprehensive treatment program that will reduce the swelling, assist in the restoration of proper skin integrity, and — most importantly — enable the person being treated to continue to manage their lymphedema at home. This is done using a method called Complete Decongestive Therapy. Each program is tailored to your specific needs.





WHAT OUR PATIENTS ARE SAYING ...

"As always, I found the staff very professional and friendly. I feel confident my comfort and progressions are always their main objectives."

"My therapists were patient and concerned about my pain. They gave me exercises to improve my mobility. Excellent care!"

"I found my therapist to be very knowledgeable. They took the time to answer all of my questions. I was never felt rushed."



"Excellent facility! I will recommended them to family & friends."

"I can thank all my progress to my therapists! I have a little ways to go, but I will get to where I need to be with their help. I wanted the best, and they have been."

"Pinpoint accuracy on where to work my knee... awesome staff!"

"Always treated courteously & on time--excellent staff! I enjoy coming to this facility for treatment."

"I have had my share of PT experience. I was pleasantly surprised and relieved to participate in this program, I saw a huge improvement in pain relief. Thanks!"

YOUR TEAM OF ORTHOPEDIC EXPERTS

Harrington Physician Services Orthopedic Surgery

94 South Street, Southbridge
118 W. Main Street, Spencer
340 Thompson Road, Webster

Phone: 508-764-2772



**YOUNG-HO OH,
M.D.**

New York University
School of Medicine

Board Certified: Orthopedic
Surgery & Sports Medicine



**CHARLES
SOMMER, M.D.**

University of Connecticut
School of Medicine

Board Certified
Orthopedic Surgery



**JOSEPH
VENEZIANO, M.D.**

New York Medical College

Board Certified
Orthopedic Surgery

COMPLETE ORTHOPEDIC DIAGNOSTIC SURGICAL CARE

- ACL Reconstruction
- Achilles Repair
- Ankle Sprains
- Arthritis and Joint Preservation
- Arthroscopic Surgery
- Cartilage Restoration Procedures
 - Carpal Tunnel Treatment and Release
- Elbow Ligament Sprains and Tears
- Fracture and Trauma Care
- Meniscus Repairs and Transplant
- Partial Knee Replacement
- Rotator Cuff Repairs
- Shoulder Dislocations
- Total Knee Replacement
- Total Hip Replacement
- Total Shoulder Replacement
- Viscosupplementation
 - Platelet Rich Plasma Injections
 - Therapeutic Injections

Harrington

HEALTHCARE SYSTEM

Total Local Care

Harrington HealthCare System Rehabilitation and Sports Medicine

Three Convenient Locations!

20 Southbridge Road, Charlton

100 South Street, Southbridge

72 Cudworth Road, Webster

Evening and weekend appointments available.

508-434-1435

www.harringtonhospital.org