HE PORTERA DIFFERENCE

The goal of our therapists is to create a rapport with our patients built on a respect of their needs and goals. We don't use a one size fits all approach that you may see at other facilities. We use all the tools at our disposal to achieve the best possible outcome for you, the patient. We are driven by patient outcomes and results. By educating our clients on safety and prevention our interventions are not only effective in the moment but potentially for a lifetime. We believe that everyone deserves to be well and healthy. People who are healthy are happier, and more productive. This make for healthier and happier communities.

#### WE ACCEPT ALL MAJOR INSURANCES









Portera Rehabilitation offers multiple locations to accommodate our patients who may live in different areas.

## MARYLAND

LANHAM 4483 A Forbes Blvd. Lanham, MD 20706

TEMPLE HILLS 4467 Old Branch Ave. Suite #103 Temple Hills, MD 20748 10 Ам - 2 РМ Sat

WHITE PLAINS 4255 Altamont Place Suite 201 White Plains, MD 20695

**OPENING DOORS TO** INDEPENDENCE

Hours of Operation P 240 · 467 · 5732 8ам-6рм Mon-Thur F 240 · 582 · 5746 8AM-5PM Fri

Hours of Operation P 301 · 358 · 6155 8ам-6рм Mon-Thur F 301 · 423 · 1440 8AM - 5PM Fri

NEW OFFICE - Opening Fall 2022





www.porterarehab.com

### PHYSICAL THERAPY AND REHAB, **OCCUPATIONAL THERAPY & SPEECH THERAPY**



Physical Therapists, Occupational Therapists and Speech Therapists with Portera Rehabilitation are specialists and experts in their respective fields, intensively trained in a world-class, evidence-based approach.

#### **PHYSICAL THERAPY**

Our Physical Therapists utilize an evidence-based approach to help you recover from injury, restore performance, and return to your normal day-to-day functional abilities. Treatment begins at your first appointment with our vision focused on your goals and needs.

#### **SPORTS MEDICINE**

Portera Rehabilitation understands that having an active lifestyle comes with aches pains and in some extreme instances, injuries that can derail your activity altogether. Our therapists have experience with working with athletes in multiple sports at all levels (high school, college and professional) as well as the weekend warrior.

# OUR SERVICES

#### OCCUPATIONAL THERAPY

At Portera Rehabilitation, we also have Occupational Therapists experts in recovery from physical injury, disease or loss of function due to neurological or other medical issues. We offer the focus on you, just a different expertise; yet the same great results.

#### SPEECH THERAPY (SPEECH LANGUAGE PATHOLOGY)

What makes Portera Rehabilitation unique is our ability address our patient's needs in a comprehensive manner. In many instances, diseases and disorders that may affect our communities don't only just affect one body system. Some conditions may affect mental acuity, memory, and the ability to communicate wants and needs. Our Speech Therapy Program fills that need.

#### **FUNCTIONAL CAPACITY EVALUATIONS**

A functional capacity evaluation (FCE) is set of tests, practices and observations that are combined to determine the ability of an injured worker to function, most often with regards to employment in an objective manner. They are required by insurers when an insured person applies for disability payments or a disability pension in the case of permanent disability. They typically last 4-8 hours and are specific to the person's injury and job role.

#### WORK HARDENING/ WORK CONDITIONING

Work Hardening is a rehabilitation program designed to restore functional and work capacities to the injured worker through application of a graded work simulation. Included are activities designed to improve overall physical condition, including strength,endurance, and coordination specific to work activity, as well as means for coping with any remaining symptoms from the original problem, such as pain.

# **INJURIES** WE TREAT

#### PHYSICAL THERAPY

Common elbow and shoulder conditions include:

- Osteoarthritis
- Bursitis
- Rotator Cuff Conditions
- Frozen Shoulder Syndrome
- Golfer's, Tennis, Pitcher's Elbow
- Shoulder Impingement
- Biceps Tendonitis
- Postoperative Conditions
- Throwing Injuries
- Thoracic Outlet Syndrome

#### LEG, ANKLE, AND FOOT INJURIES

Common leg, foot, and ankle conditions include:

- Plantar Fasciitis
- Ankle Sprains
- Calf Strains
- Achilles Conditions
- Stress Fractures
- Turf Toe
- Balance Issues
- Morton's Neuroma
- Tendonitis
- Bunions

#### **KNEE INJURIES**

Common knee conditions include:

- Meniscus or Ligament Tears
- Iliotibial Band Syndrome
- Patellofemoral Pain Syndrome (PFPS)
- Osteoarthritis
- Patellar Tendonitis
- Sprains and Strains
- Bursitis
- Postoperative Conditions

#### **HIP INJURIES**

Common hip conditions include:

- Bursitis
- Tendonitis
- Arthritis
- Sprains and Strains
- Hip Pointers
- Piriformis Syndrome
- Labral Tears
- Fractures

#### HAND & WRIST INJURIES

Common hand and wrist conditions include:

- Carpal Tunnel Syndrome
- Arthritis
- Tendinitis
- Postoperative Conditions
- Gamer's Thumb