

## Setting High Standards Striving for excellence

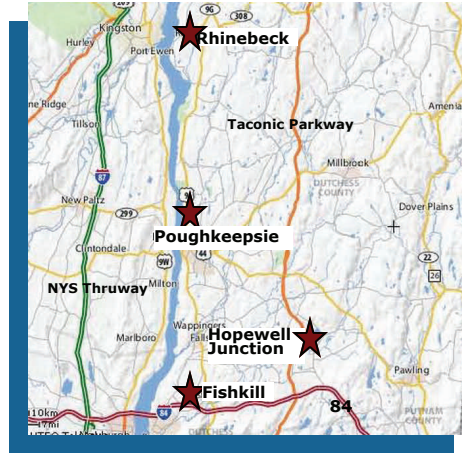
Orthopedic Associates of Dutchess County's **Physical Therapy team** provides unsurpassed rehabilitative and preventative services that maximize function and promote well being. As experts in orthopedic rehabilitation, we work collaboratively with patients and physicians to develop individualized treatment programs that help each patient achieve their specific goals.

### Our Therapy Centers

- Well equipped, clean, spacious facilities
- Extended hours for patient convenience
- Same day scheduling for urgent cases
- Major insurance plans accepted
- Four convenient locations throughout Dutchess County



## Physical Therapy Centers 4 Convenient Locations



**Poughkeepsie Office**  
One Webster Ave, Suite 400  
Poughkeepsie, New York 12601  
845-454-8377  
Fax: 845-454-0707



**Fishkill Office**  
400 Westage Business Center Dr  
Fishkill, New York 12524  
845-897-0170  
Fax: 845-897-0172

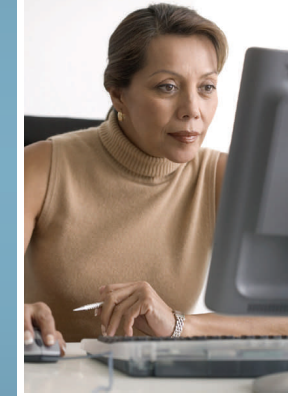


**Rhinebeck Office**  
6511 Springbrook Ave  
Rhinebeck, New York 12572  
845-876-5130  
Fax: 845-876-2439

### Hopewell Junction Office

1559 Route 82  
Hopewell Junction, New York 12533  
845-227-6970  
Fax: 845-226-1271

# Physical Therapy



*Helping you make all the  
right moves*

  
**Orthopedic  
Associates**  
OF DUTCHESS COUNTY



# Hudson Valley's #1 choice for Orthopedic Rehabilitative Care

## What is Physical Therapy?

Physical Therapy is the practice of evaluating, diagnosing, and treating disorders of the musculoskeletal system with the goal of restoring and maintaining maximum function. Physical Therapists use a variety of techniques to aid in recovery, accelerate healing and manage pain. Some of the techniques utilized include: exercise, manual (hands on) therapy, muscle retraining, patient education as well as heat, cold, electrical stimulation and ultra sound.

## Therapy Staff

Our therapists have over 100 years of clinical experience. They work closely with referring physicians and patients to ensure a program that promotes optimal recovery. Our team includes:

- Physical Therapists
- Occupational Therapists
- Physical Therapy Assistants
- Certified Athletic Trainers

Our commitment to excellence and patient satisfaction is reflected by the superior care we provide.

## Conditions Treated

Our rehabilitation programs have helped many Hudson Valley residents achieve their goals of recovery. Conditions treated include:

- Fractures and post-surgical conditions
- Low back pain
- Strains and sprains
- Whiplash and neck pain
- Rotator cuff injury
- Tendonitis and bursitis
- Nerve injuries
- Arthritis
- Sports injuries
- Traumatic injuries



To Learn more about the Therapy Centers at Orthopedic Associates visit us on the web at [www.orthoadc.com](http://www.orthoadc.com)



**Orthopedic Associates** *Helping you make all the right moves*  
OF DUTCHESS COUNTY

## Specialized Services include:

- Spine rehabilitation program
- Cutting edge pre and post-operative ACL and rotator cuff rehabilitation that incorporates current scientific evidence and protocol
- Custom splint and brace fabrication
- Body mechanics/lifting analysis
- Return to sport evaluations and testing
- Home exercise programs

## Insurances

MVP	No Fault
Blue Cross Blue Shield	Workers Comp. Medicare
United Health Care	Aetna
Hudson Health	GHI (HMO/PPO)
Health Quest	Local 464
Pomco	Local 1199
Fidelis	Out Of Network Benefit Plans
National Health Administration	
CDPHP	

Insurance plans change, so please call ahead to make sure your plan is accepted.