



PHYSICAL MEDICINE & REHABILITATION

Day Kimball Healthcare offers northeast Connecticut comprehensive physical medicine and rehabilitation services. Whether you've suffered an injury, are recovering from an illness or are living with a chronic condition, we're here to help you regain and retain as much ability and independence as possible.

Our services combine the expertise of physical therapists, occupational therapists, speech/language pathologists and a physiatrist, all working together and with your primary and specialty physicians, home care professionals and other healthcare providers, to help you restore or develop your physical mobility and functional skills.

No matter what your injury or age, we can help you recover and be as strong and active as you can be.

Day Kimball Healthcare offers integrated, comprehensive care close to home. To learn more about all of our physical medicine and rehabilitation services visit daykimball.org/physicalmedicine.



A community partner of
YaleNewHavenHealth

Physical Medicine & Rehabilitation

Physical Therapy

Day Kimball Healthcare Center
12 South Main Street
Putnam, CT 06260
(860) 928-8360

Day Kimball Healthcare Center
55 Green Hollow Road
Danielson, CT 06239
(860) 779-0252

Day Kimball Healthcare Center
31 Dow Road
Plainfield, CT 06374
(860) 564-6241

For in-home services:

Day Kimball HomeCare
Putnam office | (860) 928-0422

■ daykimball.org

Physical Therapy

Our highly qualified and experienced physical therapists and physical therapy assistants (PTAs) specialize in the movement of the human body. They work to reduce pain and restore independence, strength, range of motion and activity to people of all ages. Physical therapy may be used alone or in combination with occupational therapy or other therapies as part of a comprehensive rehabilitation plan. Our physical therapy staff works with your care team, including primary care physician, occupational health physicians, surgeons and other specialty care providers, to ensure you regain your maximum physical potential.

Physical therapy may be used to treat injuries and illnesses such as

- sprains, strains, fractures and sports-related injuries
- back pain
- orthopedic post-operative repair
- neurological impairments from stroke, multiple sclerosis, Parkinson's Disease, etc.
- arthritis
- fibromyalgia
- amputations
- industrial or work-related injuries
- prosthetic and orthotic training

Our specialties include

- sports medicine
- myofascial techniques (manual manipulation of soft tissue) and craniosacral techniques (massage of the bones in the skull, face, spine and pelvis) to treat pain and dysfunction
- integrated manual therapy, which employs gentle hands-on manual therapy to treat pain, dysfunction and disability
- vestibular rehabilitation therapy (VRT), an exercise-based program designed to promote central nervous system compensation for inner ear deficits
- splinting
- women's health and pelvic floor dysfunction, to treat urinary incontinence and pelvic pain disorders

Accessing Physical Therapy Services

Ask your physician for a referral to DKH Physical Therapy. Services may be provided on an inpatient, outpatient or in-home basis, depending on your particular needs and treatment plan.

During the initial evaluation, your therapist will ask questions relating to the onset and nature of your illness, injury or condition, previous and current functional level, the nature of any past and current medical history, and your goals for treatment. These questions, and others, will enable us to plan and coordinate your treatment for optimal results.

Billing and Payment Information

Billing for physical therapy services delivered at a Day Kimball Healthcare location will come from Day Kimball Hospital. Billing for services provided at home will come from Day Kimball HomeCare. Please check with your insurance carrier for details about your specific coverage, copays, deductibles and any prior authorization requirements.

If you have questions about your bill or need help paying for care, please contact our team of financial counselors at (860) 963-6337 (at the prompt, enter option 2). For more information visit daykimball.org/billing.