

Convenient Facility

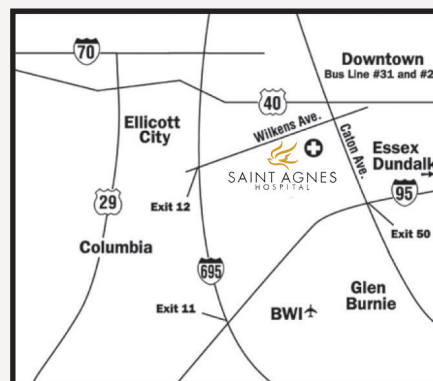
Outpatient Rehabilitation Services at Saint Agnes hospital offers the following benefits:

- Flexible weekday hours for scheduling appointments
- Easy access to bus lines
- Valet parking
- A comfortable and friendly environment
- Specialized equipment to assist with range of motion, flexibility, muscle strengthening and pain management
- A Fitness Center on the premises with the option to join after therapy is completed
- Independence Square, a “virtual community,” is located indoors to simulate everyday experiences such as boarding a bus or car, shopping and other lifestyle activities

Outpatient Orthopedic Rehabilitation

Physical Therapy
Occupational Therapy

Saint Agnes Rehab
Mailstop 047
900 Caton Avenue
Baltimore, MD 21229
667-234-2800 (phone)
667-234-3532 (fax)



Saint Agnes is conveniently located off of Caton Avenue in Baltimore. Valet parking available at Main Entrance.

www.stagnes.org

 **Ascension**
Saint Agnes Hospital



The Musculoskeletal System: Joints, Bones, Muscles, Tendons and Ligaments

Individuals who have experienced musculoskeletal injury, surgery or other degenerative diseases are often limited in their daily routines and mobility.

Rehabilitation helps to restore physical function and enhance the skills needed to resume physical activities as quickly and safely as possible.

Individualized comprehensive rehabilitation programs are designed to help reduce the effects of an injury or musculoskeletal problem and prevent it from returning.

Treatment for a Multitude of Orthopedic and Musculoskeletal Problems

Our experienced Physical and Occupational therapists provide comprehensive, one on one skilled services for a variety of orthopedic and musculoskeletal diagnoses:

- Arthritis
- Injuries of the foot, ankle, knee, hip, spine, shoulder, elbow, wrist and hand
- Joint instability
- Joint replacements
- Osteoporosis
- Overuse, repetitive motion and traumatic injuries
- Pregnancy-related musculoskeletal changes
- Postural back pain
- Sports and work related injuries
- Temporomandibular management

Experienced Therapists and State of the Art Equipment

- Balance and coordination training;
SMART Equitest™ balance system
- Computerized testing and training
- Wii Fitness training
- Customized Home Exercise Program
- Instruction in use of ergonomic principles for work, recreation and daily activities
- Manual therapy techniques including craniosacral therapy
- Customized upper extremity splinting
- Joint mobilization
- Trunk/core strengthening
- Postural correction
- Assessment and training for adaptive equipment use
- Instrument assisted soft tissue mobilization
- **BTE PrimusRS**, a high-tech system used to regain function, strength and coordination