

Convenient facility

Outpatient Rehabilitation Services at Ascension Saint Agnes Hospital offers the following benefits:

- Flexible weekday hours for scheduling appointments
- Easy access to bus lines
- Valet parking
- 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



Ascension Saint Agnes Hospital

Ascension Saint Agnes Hospital Rehabilitation Services

Mailstop 047
900 Caton Ave.
Baltimore, MD 21229
t 667-234-2800
f 667-234-3532

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

ascension.org

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Outpatient Orthopedic Rehabilitation

Physical Therapy
Occupational Therapy



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 daily 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 conditions:

- 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
- 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

