

## Aquatic Therapy

Aquatic therapy is a unique approach to conditions treated by a physical therapist. The properties of the water are combined with therapeutic exercise to maximize a patient's ability to address the following issues:

- Balance Issues
- Limited Weight Bearing
- Work Related Injuries
- Contractures
- Neurologic Disorders
- Fractures
- Strengthening Exercises

## Common conditions/diagnoses treated by aquatic therapy:

- Rheumatoid Arthritis/Osteoarthritis
- Spinal Cord Injury
- Back Pain
- Pre/Post Joint Replacements
- Parkinson's Disease
- Fibromyalgia
- Traumatic Brain Injury
- Reflex Sympathetic Dystrophy (RSD)/ Compartment Syndrome
- Ankylosing Spondylitis
- Pregnancy

Our programs offer the latest in clinical protocol, and our therapists are highly trained with advanced degrees and certifications.

Every patient's first visit includes a complete evaluation with a therapist who develops a treatment plan in coordination with the referring physician. Each treatment plan is customized to meet the patient's specific needs.

J.C. Blair Therapy & Wellness Center offers treatment for:

- Sports Injuries
- Pre- and Post-Surgical Therapy
- Disability and Disease
- Work Related Injuries and Evaluations



## Physical, Occupational, Speech & Aquatic Therapy for All Ages



Therapy you *need*, care you *deserve*.



On the J.C. Blair campus near the helipad at  
929 14th Street, Huntington  
814.643.0337 Fax 814.643.3018



## Physical Therapy

We offer a robust physical therapy program to our clients, aimed at addressing issues in balance, mobility, endurance, strength, pain and much more. Our physical therapy programs include, but are not limited to:

- Orthopedic Rehab – both Pre-habilitation and Re-habilitation
- Posture/Body Mechanics Training
- Manual Therapy/Massage
- Pain Management/Edema Control
- Stretching
- Core Stabilization
- Transfer/Gait Training
- Balance/Coordination Training
- Neurodevelopmental Techniques
- Contracture Management/Range of Motion
- Physical Agent Modalities Examples  
Ultrasound, electrical stimulation, hot/cold packs, iontophoresis, traction, etc.
- Falls Prevention
- Adaptive Equipment Training/Adaptive Equipment/Prosthetic/Orthotic Training
- Pediatric Therapy
- Concussion Screenings
- Wheelchair Assessments

### Common conditions/diagnoses treated by Physical and Occupational Therapy

- Fractures
- Pre/Post Orthopedic Procedures  
(Joint Replacement, ACL repair, Rotator Cuff)
- Work Related Injuries
- Sports Injuries
- Traumatic Brain Injuries
- Arthritis/Osteoporosis
- Back Pain
- Sprains/Strains
- Bursitis/Tendonitis

## Occupational Therapy

Our occupational therapy program is tailored to the specific needs of each patient to ensure maximum functional independence in everyday activities. Our occupational therapy programs include, but are not limited to:

- Self-Care Management/Training
- Hand Injuries/Splinting
- Orthopedic Rehab – both Pre-habilitation and Re-habilitation
- Pain Management/Edema Control
- Wound/Scar Management
- Fine Motor Coordination/Dexterity Training
- Job Task Analysis
- Functional Capacity Assessments
- Physical Agent Modalities examples paraffin, ultrasound, fluidotherapy
- Contracture Management/Range of Motion
- Neurodevelopmental Techniques
- Adaptive Equipment Training
- Pediatric Therapy
- Functional Capacity Evaluation (FCE)
- Driving Screenings
- Wheelchair Assessments

- Vertigo
- Stroke
- Contractures
- TMJ
- Carpal Tunnel
- Cerebral Palsy
- Multiple Sclerosis
- Developmental Delays
- Parkinson's

## Speech Therapy

We take great pride in our speech therapy service offerings. We have a team of professionals ready to address cognitive, communicative and swallowing functions. J.C. Blair Therapy & Wellness Center is proud to boast the only outpatient speech therapy clinic in town! Our programs include, but are not limited to:

- Voice Therapy
- Dysphagia Treatment (Swallowing)
- Communication Strategies
- Cognitive Rehab: sequencing, focus, executive functions, orientation, safety/situational awareness, accommodations to dementia
- Aphasia/Language Disorder Therapy
- Pediatric Therapy

### Common Conditions/Diagnoses Treated by Speech Therapy

- Stroke
- Traumatic Brain Injuries
- Parkinson's
- Vital Stim
- Deep Pharyngeal Neuromuscular Stim (DPNs)
- Dysphagia/Swallowing Conditions
- Speech and Language Disorders (Apraxia, Aphasia, Dysarthria, Dysphasia)
- Structural Abnormalities
- Vocal Cord Disorder
- Cerebral Palsy
- Developmental Delays
- Dementia
- Other Neurologic Disorders