

insurance

We participate with most major health insurance companies and will assist you in receiving the maximum coverage allowable.



“The pool was remarkable. I suffered with severe back pain and today finds me with little to no pain and able to stand up straight.”

- B. McLane

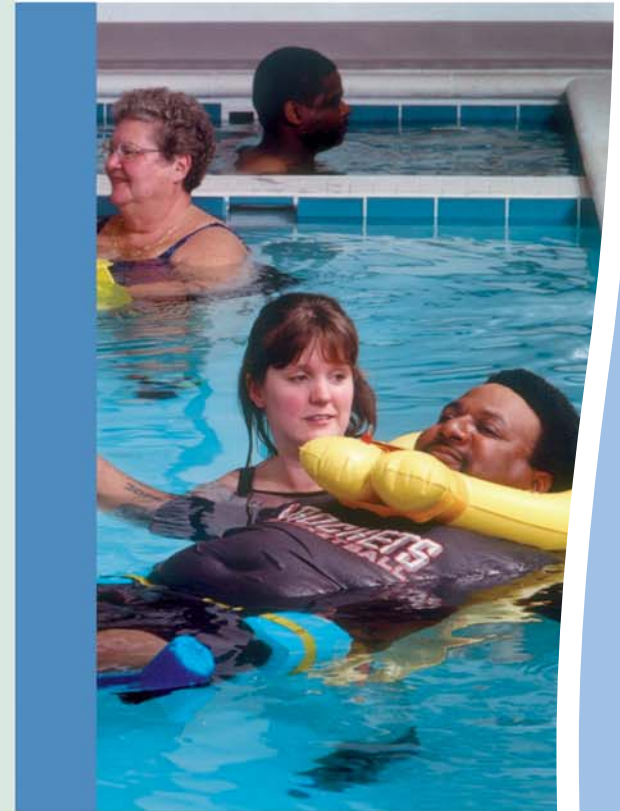
convenience

- Patients seen within 48 hours
- Early morning, afternoon and evening appointments available
- Most insurance accepted and filed
- Convenient location and parking
- Friendly, helpful staff
- Wheelchair accessible

839 Poplar Hall Drive, Norfolk, VA 23502
757.459.2112 Fax: 757.459.2421
www.norfolkpt.com - nptc@norfolkpt.com



Norfolk Physical Therapy Center



hours of operation
Monday - Friday
7:30 a.m. - 6:00 p.m.

Additional appointments
available by special request

Aquatic Therapy

Since ancient times, water has been used for its healing properties. Our pool is maintained at a higher temperature than a recreational pool to promote a relaxed and comfortable environment that encourages movement. The buoyancy of water helps to unload joints and reduce joint stress allowing for "earlier and easier" rehabilitation.

Aquatic therapy is the union of aquatic exercise and physical therapy. It can be used as a substitute or as an adjunct to land-based physical therapy. The Norfolk Physical Therapy Center has developed aquatic therapy programs designed to speed the recovery of patients with a variety of conditions. Our programs focus on active participation and eventual patient responsibility for self-care. Each program is tailored to the needs of the individual patient. An emphasis is placed on getting the patient independent as soon as possible.

Typical treatment goals include:

- Increasing range and ease of movement
- Increasing strength and endurance
- Improving coordination and balance
- Decreasing muscle tension and providing general relaxation
- Promoting independent self management

For the no-impact treatment of:

THE SPINE

- Degenerative disc disease/arthritis
- Bulging or herniated discs
- Status post fusion
- Compression fractures
- Laminectomies

THE BODY

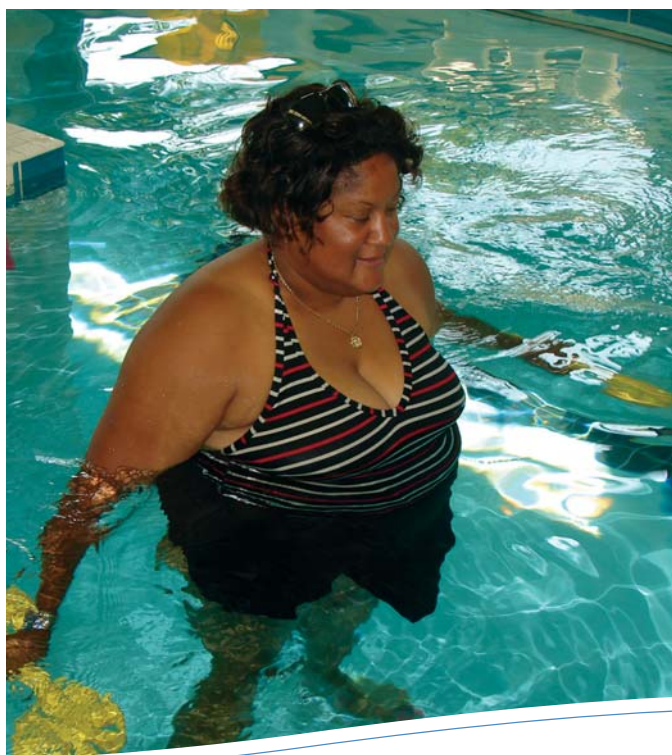
- Fibromyalgia
- Chronic pain
- Generalized deconditioning
- Arthritic conditions
- Balance disorders

THE EXTREMITIES

- Lower quarter overuse injuries
- Knee and ankle problems and dysfunctions
- Status post arthroscopies & ligament repairs
- Rotator cuff rehabilitation
- Status post total joint replacement
- Fractures

Aquatic programs may be psychologically beneficial as well because they provide for exercise and social interaction in a pleasant atmosphere.

water works



aquatic environment

We offer Aquatic Therapy at our on-site pool. Participation is by physician approval. All patients are evaluated by a Licensed Physical Therapist and supervised by licensed personnel. We can accommodate varying levels of fitness and ability. Aquatic Therapy equipment is provided for each patient and personal flotation devices are available. *We can work with patients who may not be comfortable or used to being in a pool.*

Our professional staff draw on a wealth of experience and extensive continuing education to deliver the most effective and up-to-date care.