

BHS
Outpatient
Physical Therapy

BHS Outpatient Physical Therapy offers a team approach to treatment, creating an individualized program tailored to treat your specific needs and help you achieve your wellness goals.

You will receive a comprehensive, individual evaluation by one of our physical therapists. We typically assess your strength, flexibility, functional ability, range of motion, sensation, neurological status, and look for muscle spasms and trigger points. Depending on your diagnosis, we may also assess your gait, coordination, balance or other relevant body systems.



Your therapist will then design an individualized program to address any deficits found in the evaluation and begin a treatment program to address them. You'll also be given instructions on how to carry through with your therapy at home.



Conditions We Treat

- Post-op total joint replacements and other orthopedic surgeries, including reconstructive surgeries
- Orthopedic, work and sports injuries
- Overuse disorders such as Carpal Tunnel Syndrome and Tennis Elbow
- Spinal disorders such as low back pain, cervical pain, spinal stenosis, post-op spinal surgeries, spinal disc disorders and Sciatica
- Arthritis and Fibromyalgia
- Balance and vestibular disorders
- Neurological conditions such as Stroke, Parkinson's Disease and Multiple Sclerosis
- TMJ
- Work conditioning

For more information, contact us at 724-284-4825.

BHS Outpatient Physical Therapy

BALANCE THERAPY, WorkSTEPS
480 East Jefferson Street, Butler, PA 16001
724-284-4825

AQUATHERAPY – BUTLER YMCA
3339 North Washington Street, Butler, PA 16001
724-284-4825

ButlerHealthSystem.org

Participating in most insurances including Highmark and UPMC

BHS Outpatient Physical Therapy

Physical Therapy

Our goal is to provide the highest quality physical therapy available to our patients.

Our experienced and professional staff is committed to meeting all of your rehabilitation goals in a caring environment.



ButlerHealthSystem.org



AQUATHERAPY

Aquatherapy is physical therapy conducted in a warm water, therapeutic pool. The water and room temperature ranges between 88-90°, an ideal therapeutic temperature range. Chair-lift and stair access is available.

Why Aquatherapy?

Aquatherapy is an excellent alternative for people who find regular physical therapy too painful or difficult. It can help people recovering or suffering from:

- Orthopedic-related surgery, including joint replacements
- Arthritis
- Conditions causing balance problems
- Any condition in which exercising on land is too painful
- Multiple trauma conditions

With the reduced joint compression on the spine and lower extremities in the water, people who otherwise would be unable to perform certain exercises, including aerobic exercise, can often do so.

Children with conditions such as cerebral palsy can also benefit from Aquatherapy.

Benefits of Aquatherapy

Benefits of Aquatherapy include increased flexibility, strength and balance. Because of water's buoyancy, your body is "cushioned" and you feel less pain during exercising. Additionally, you won't need to worry about falling or aggravating an existing injury.

The gentle resistance of water reduces the likelihood of getting hurt, increases range of motion and strengthens weakened muscles.



BALANCE THERAPY

Balance problems make it difficult to maintain stable and upright positions when standing, walking, and even sitting. The physical therapists at BHS Rehabilitation Services develop individualized physical activity plans to help improve strength, stability, and mobility.

Why Balance Therapy?

Many people can benefit from a balance therapy management program, including those who experience:

- Head injury or stroke
- Injuries or infections affecting the inner ear
- Periods of dizziness or light-headedness, especially when making sudden movements
- Migraine headaches
- Visual impairments
- Lower body weakness or loss of flexibility, increasing susceptibility to falls
- Neurologic disorders
- Unsteadiness while walking

Benefits of Balance Therapy

Our physical therapists will evaluate you and develop a custom exercise program. These exercises are geared toward helping you improve your balance by:

- Improving your gait pattern
- Improving lower limb and neck flexibility and strength
- Teaching you to compensate for visual, sensory, or inner ear deficits
- Decreasing symptoms
- Improving physical activity
- Improving functional ability



EMPLOYMENT TESTING

WorkSTEPS has become a critical part of an organized and systematic business model that is automated, validated, measurable, and offers a predictable return on investment. WorkSTEPS testing differs from physician's physicals because WorkSTEPS testing evaluates and assesses an employee's functional capabilities, which are then correlated with the physical demands of the job for which a candidate is being considered. Content-valid essential functions testing and medical testing have been a part of the WorkSTEPS process since its inception.

Companies that utilize WorkSTEPS post-offer testing experience these benefits:

- Decreased turnover
- Increased worker productivity
- Safer work environment
- Reductions in lost time
- Diminished incidence of fraud and abuse
- Reduced modifier rates and Workers' Compensation premiums
- Reduction in Group Health costs

We provide Employment Testing in conjunction with WorkSTEPS, the foremost national employment testing company in the U.S. Tests performed include **Functional Capacity Evaluations (FCEs)**, **Post-Offer Pre-Employment Testing**, and **Fit-for-Duty Testing**.

CONTACT US TODAY

For more information on outpatient physical therapy options at BHS Outpatient Physical Therapy or the WorkSTEPS program, contact Jane Collins at **724-284-4825**.

YOU'RE IN GOOD HANDS



Jane M. Collins, PT, MS, FAAOMPT is the Clinical Director and has been practicing Physical Therapist for the past 34 years. Jane holds a B.S. in Physical Therapy from Stony Brook University, an M.S. in Physical Therapy from the University of Pittsburgh, and a post graduate certification in Orthopedic Manual Physical Therapy from Daemen College in New York.

Jane is a Fellow of the American Academy of Orthopedic Manual Physical Therapists and is a certified provider of Employment Testing. Along with administrative duties, Jane provides direct patient care and performs Employment Testing.



Anita Terwilliger, PT graduated with a B.S. in Physical Therapy from the University of Pittsburgh. Anita has extensive experience in the outpatient rehabilitation with over 30 years working exclusively with outpatients, helping patients to recover from orthopedic neurological and work-related conditions. She has advanced competency in treating balance and vestibular

disorders, orthopedic conditions, TMJ problems, and aquatic physical therapy. Anita is our Aquatic Physical Therapist and also treats patients on land.



Monica Pellegrino, DPT earned her B.S. in Exercise Physiology at West Virginia University and her doctorate in Physical Therapy at Chatham University. Monica has over 27 years of experience with special expertise in treating orthopedic and sports injuries and associated conditions, in addition to being highly skilled in the treatment of neurological conditions.

Kristen Tascarella, PTA earned her Associates Degree as a Physical Therapy Assistant. Kristen works closely with the physical therapists to carry out the treatment plans they have established. Kristen has 19 years of clinical outpatient experience, and has been a Clinical Instructor for many PTA students.

Melissa Truman, Medical Secretary keeps our department humming. She schedules patients, is knowledgeable of health insurance products and their requirements, answers the phone, types dictation and keeps the department on track.