How many times will I see my therapist?
During your first appointment you will receive an initial evaluation by one of our highly skilled and experienced therapists. Your therapist will create an individualized treatment plan and will discuss how many sessions you may need. Throughout your treatment the plan will be adjusted depending on your progress.

Will my medical insurance cover services?
Physical therapy is covered by most commercial insurances, as well as Medicare and Medicaid. Gaylord staff will work with you to verify benefit coverage or to discuss treatment costs that may not be covered by insurance. Connecticut allows direct access to physical therapy, which permits patients to refer themselves for care without a prescription from a doctor.

What else does Gaylord Specialty Healthcare offer?
Gaylord Hospital is a specialty hospital that provides inpatient care for complex medical patients needing intensive rehabilitation.

Gaylord Outpatient Services on the Wallingford campus provides treatment for patients affected by neurological diagnoses. Services include physiatry (physical medicine and rehabilitation physicians), physical, aquatic, occupational and speech therapies, as well as psychology, neuropsychiatry, and audiology.

Gaylord sponsors support groups and can provide recommendations when prosthetics, orthotics, wheelchair assessment services and rehabilitation equipment are required.

Gaylord Center for Concussion Care evaluates teens and adults using a comprehensive team approach to determine treatment plans and modifications for return-to-play and return-to-learn progression.

Referrals and Appointments
Please email rehabwithapro@gaylord.org or call the numbers below with any scheduling questions. For more information on other Gaylord services and locations, visit www.gaylord.org.
Clinical Specialists
Our team includes clinicians with extensive educational backgrounds, including many advanced degrees and specialty certifications. Please view our staff’s clinical biographies at www.rehabwithapro.org for more information.

What do we treat?
We treat a variety of musculoskeletal injuries or pain ranging from osteoarthritic changes, sprains and strains, to post-operative rehabilitation. Please call our office if you have any questions about your personal pain or discomfort for further information.

Specialty Treatment Techniques
- Advanced Manual Therapy Techniques
- Dry Needling/Intramuscular Manual Therapy
- Graston Technique
- Pilates & Dance Medicine
- Temporomandibular Disorders (TMD)
- Taping Techniques including Kinesio Taping
- Mechanical Traction
- Medical Exercise Therapy
- Selective Functional Movement Assessment (SFMA)
- Orthotic Assessment

Aquatic Therapy
Water offers a safe, buoyant environment for people with various injuries and disabilities, since the physical properties of water diminish the effects of gravity. Our program in North Haven includes instruction for individualized therapy for each participant. All patients are assessed on land, but many will receive a recommendation for aquatic therapy.

North Haven
Our North Haven practice is located within a state-of-the-art Healthtrax Fitness and Wellness Center. Treatment sessions may incorporate equipment throughout the gym as indicated and discounted memberships are available at the completion of therapy.

Appointments (203) 230-9226
Monday - Thursday 7 a.m.-7 p.m.
Friday 7 a.m.-5 p.m.

Cheshire
Our newly opened Cheshire practice is located on the second floor of the Saint Mary’s Outpatient Center on 1154 Highland Avenue.

Appointments (203) 679-3533
Monday - Friday. Call for availability.

Appointments are available within 24 hours at each location. Patients may choose either Gaylord location and receive services from our highly educated and skilled therapists.