ABOUT Gaylord Physical Therapy

- Focused on improving movement, mobility and strength to restore physical function and athletic performance.
- We treat musculoskeletal injuries or pain ranging from osteoarthritic changes, sprains and strains, to post-operative rehabilitation, and more.
- Aquatic Physical Therapy offered in North Haven
- Strong reputation in sports-specific rehab.
- Using advanced technologies such as the AlterG Anti-Gravity Treadmill.
- Strong commitment to patient education and home exercise programs for advancing gains.

WHY Gaylord?

PATIENT SATISFACTION

Gaylord Physical Therapy patients
would recommend Gaylord
FY2019 Press Ganey Patient Satisfaction 4’s & 5’s

100% Satisfaction/Cheshire
94% Satisfaction/North Haven

80% of patients demonstrate significant functional improvements

Preferred provider to sports medicine physicians and orthopedic surgeons

Gaylord Specialty Healthcare is a rehabilitation-focused, nonprofit health system that provides inpatient and outpatient care for people at every point in their journey from illness or injury to maximum recovery. Gaylord Specialty Healthcare is anchored by Gaylord Hospital, a long-term acute care hospital, and includes Gaylord Outpatient Services and Gaylord Physical Therapy. Together, we deliver a complete continuum of rehab care driven by technology, research, clinical experience and compassion.

Cheshire
1154 Highland Ave.
Cheshire, CT 06410
(203) 679-3533

Cromwell
50 Berlin Rd.
Cromwell, CT 06416
(203) 284-3020

North Haven
8 Devine St.
North Haven, CT 06473
(203) 230-9226

FAX (203) 294-8705 (all offices)
rehabwithapro.org

Follow us on social media

Referrals
You do not need a physician referral to schedule physical therapy, but it may be required by your insurance company to reimburse for services. Your plan of care will be determined following the initial evaluation with your physical therapist.
Gaylord Physical Therapy

**KEY POINTS**

- **3 locations:** Cheshire, Cromwell and North Haven, CT
- All with advanced fitness equipment
- AlterG Anti-Gravity Treadmills in Cheshire and North Haven
- Aquatic Physical Therapy offered in North Haven
- Therapists with advanced training, including Board Certified Orthopedic Clinical Specialists in each location
- Appointments within 24 hours
- Part of the Gaylord Specialty Healthcare system

Gaylord Physical Therapy

**EXPECT EXCELLENCE**

- You’ll meet with a Gaylord physical therapist who will listen carefully, ask questions, assess functionality and collect clinical data relevant to your condition.
- Based on this analysis, a personalized therapy program will be created for you. Goals will be set and a plan put in place.
- Our therapists are trained to treat a wide range of conditions including:
  - Back Pain
  - Bursitis
  - Hip Pain (Impingement Syndrome, Labral Tears, etc.)
  - Knee Pain (ACL Tear/ Reconstruction, Meniscal Tears/Repairs)
  - Ligamentous Sprains/Strains
  - Osteoarthritis (Joint Replacement; knee, hip, shoulder, ankle)
  - Overuse Injuries
  - Shoulder Pain (Rotator Cuff Tears/Repairs, Impingement Syndrome)
  - Spine Pain (Disc Herniation or Fusion, Back & Neck Pain, SI Joint and Pelvic Dysfunction)
  - Sports Injuries
  - Tendinopathy (Tennis Elbow, Achilles, Patellar Tendon)
  - Temporomandibular disorders (TMD)

**EXPERTS IN**
Physical Therapy

Gaylord Physical Therapy is part of Gaylord Specialty Healthcare – a medical rehabilitation system that specializes in helping people recover. It’s our sole focus.

Our PT practices – in Cheshire, Cromwell and North Haven, CT – **extend the resources, clinical expertise, technology, and talent of Gaylord** to those communities and beyond.

Each of our physical therapy locations is staffed by experts experienced in restoring function and optimizing personal performance.

Many are athletes who know the critical role that exercise plays in our patients’ lives.

There are many options for physical therapy. Your decision should be an informed one, which is why we invite you to contact us, visit us or schedule an appointment to discuss your situation.

rehabwithapro.org