



Physical Rehabilitation for All Phases of Your Life

Whether your daily activities are as basic as getting to work or as rigorous as running a marathon, physical rehabilitation can enhance your performance. Exeter Hospital's rehabilitation goal is to meet the specific needs of each client with a unique and customized therapy program.

Athletic Training

Area schools, youth leagues and recreation departments recruit Exeter Hospital's rehabilitation services certified athletic trainers for pre-season conditioning, care and prevention of injuries and year-round rehabilitation therapy.

Work Capacity Evaluations

A number of services help organizations maintain a healthy, productive work force and control workers' compensation claims.

- Functional capacity evaluations
- Job site/ergonomic assessments

EXETER HOSPITAL OUTPATIENT REHABILITATION LOCATIONS

Athletic Performance Center

Located inside The RIM Sports Complex
311 Winnacunnet Road, Hampton, NH 03842
603-601-7761

Located inside The Rinks at Exeter
40 Industrial Drive, #1, Exeter, NH 03833
603-583-5042

Epping

212 Calef Highway, Epping, NH 03042
Hours: 7 a.m. – 7 p.m.
603-777-1886 Fax: 603-777-1893

Exeter Rehabilitation and Aquatic Therapy

7 Alumni Drive, Exeter, NH 03833
Hours: 6 a.m. – 7:30 p.m.
603-778-6548 Fax: 603-580-6671

Hampton (Located inside Seacoast United Sports Club)

311 Winnacunnet Road, Hampton, NH 03842
Hours: 7 a.m. – 7:30 p.m.
603-777-1191 Fax: 603-758-1785

Kingston

53 Church Street, Kingston, NH 03848
Hours: 7 a.m. – 7 p.m.
603-642-9425 Fax: 603-642-9427

Newmarket

207 South Main Street, Newmarket, NH 03857
Hours: 7 a.m. – 7 p.m.
603-292-7285 Fax: 603-292-7287

Portsmouth

Exeter Hospital Physical Therapy at CrossPoint
95 Brewery Lane, #15, Portsmouth, NH 03801
Hours: 7:30 a.m. – 7 p.m.
603-430-3004 Fax: 603-430-0045

Plaistow

24 Plaistow Road, Unit 4, Plaistow, NH 03865
Hours: 8 a.m. – 7:30 p.m.
603-257-3333 Fax: 603-580-8091

Raymond

Route 27, Raymond, NH 03077
Hours: 7 a.m. – 7 p.m.
603-895-6058 Fax: 603-895-8462

Comprehensive Neurological Rehabilitation

7 Alumni Drive, Exeter, NH 03833
Hours: 7 a.m. – 5 p.m.
603-580-7068 Fax: 603-580-7931

Pediatric Rehabilitation is located at our Epping, Newmarket and Plaistow offices.

exeterhospital.com

MKG-065 08/2015



PHYSICAL THERAPY OCCUPATIONAL THERAPY SPEECH THERAPY

Epping – Exeter – Hampton – Kingston
Newmarket – Plaistow – Portsmouth – Raymond

 **EXETER HOSPITAL**
an exeter health resource | The Art of Wellness

ADULT REHABILITATION

Outpatient Rehabilitation Services: Exeter Hospital's physical therapists, occupational therapists, speech/language pathologists and other specialists collaborate in providing highly effective individualized rehabilitation services to people of all ages.

Physical Therapy:

- Aquatic therapy
- Sports medicine
- Pre and post operative rehabilitation
- Total joint rehabilitation
- Spine therapy and core stabilization
- Prefabricated foot orthotics
- Women's health
- Pelvic floor dysfunction and incontinence
- Oncology and lymphedema management
- TMJ dysfunction
- Craniosacral therapy, myofascial release
- McConnell and Kinesio taping
- Graston technique
- Matheson certified work capacity evaluation
- Balance, vestibular, neuro rehabilitation
- Torticollis

Occupational Therapy:

- Custom and dynamic splinting
- Complex hand and upper extremity injuries
- Pre and post surgical rehabilitation
- Work capacity evaluations/work site assessments
- McConnell and Kinesio taping
- Low level laser therapy
- Sport specific rehabilitation
- Sensory integration therapy

Speech Therapy:

- Voice therapy
- Swallowing treatments including Vital Stimulation™
- Speech, language and cognitive therapy
- Modified barium swallows

Aquatic Therapy: Aquatic therapy utilizes the physical properties of water to assist in patient healing and exercise performance with individualized treatment.

Spine Therapy: Several therapists have advanced training in the Norwegian approach which emphasizes manual therapy, medical exercise therapy techniques, core stabilization and patient education/self management.

Hand Therapy and Custom Splinting: Our certified hand therapists and team of accomplished occupational therapists provide intricate care of the hand and upper extremity and fabricate customized splints to meet individual needs.

Pelvic Floor Physical Therapy: We provide conservative yet effective techniques aimed at restoring function of the pelvic floor muscles after physical changes related to aging, surgery, childbirth or illness. Services include EMG biofeedback, manual therapy and exercise.

Oncology Rehabilitation: We have specialized training to address complications from cancer including comprehensive lymphedema management, bio-impedance measurement and exercise to restore function.

Pediatric Rehabilitation (Birth – 21 years of age): Services include: speech therapy, physical therapy, occupational therapy, craniosacral therapy, therapeutic listening, orthopedics and sensory integration therapy.

Comprehensive "Neuro" Rehabilitation: Specialized physical, occupational and speech therapy focused on neurologically based disorders including balance and vestibular therapy, neuro/stroke, speech, language, voice and swallowing rehabilitation.

DriveAbility Program: A comprehensive driver rehabilitation program that helps to maintain your ability to safely operate a motor vehicle and keep your independence. It is appropriate for people of all ages.

Exeter Hospital Physical, Occupational and Speech Therapists Treat These Common Diagnoses and More:

- ACL (*anterior cruciate ligament*)
- Adhesive capsulitis
- Amputation
- Aphasia therapy
- Arthritis
- Bursitis
- Carpal tunnel
- Chondromalacia
- Cognitive and memory impairments
- Contractures
- Cumulative trauma disorder
- Degenerative disc disease
- Disc herniations
- Epicondylitis
- Fibromyalgia
- Gait and balance disorders
- Head injury
- Impingement
- Incontinence
- Low back pain
- Lymphedema
- Myofascial pain
- Nerve entrapment
- OB disorders
- Osteoporosis
- Patella femoral pain
- Pelvic pain
- Plantar fasciitis
- Rotator cuff tears/repairs
- Separations/dislocations/fractures
- Sprains and strains
- Stroke
- Swallowing disorders
- Tendon repairs
- Tendinitis
- TMJ
- Total joint procedures
- Trigger finger
- Vertigo
- Voice therapy

