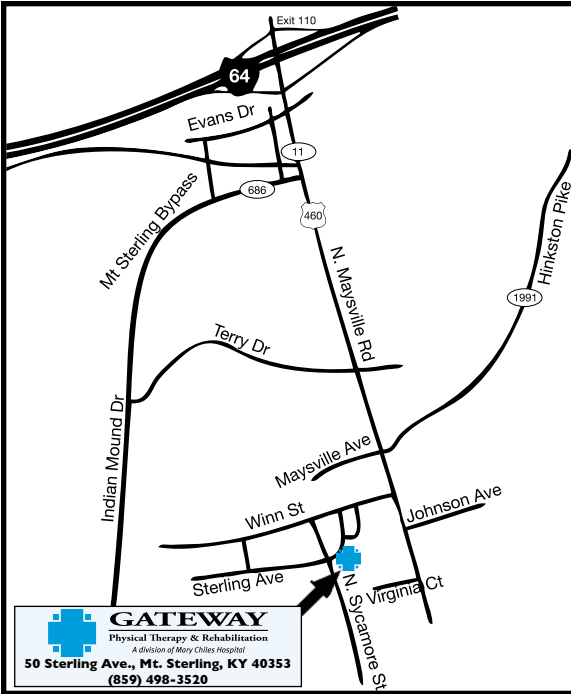




GATEWAY

Physical Therapy & Rehabilitation

A division of Mary Chiles Hospital



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**50 Sterling Ave.
Mt. Sterling, KY 40353
(859) 498-3520**



**MARY CHILES
HOSPITAL**

WHAT WE OFFER

PHYSICAL THERAPY

Physical Therapy is defined as the assessment, evaluation, treatment and prevention of physical disability, pain and movement dysfunction resulting from injury, disease, disability, or other health related conditions.

SPEECH THERAPY

Speech Therapy is a service provided to help a person improve his or her ability to communicate. This includes both speech, which is how sounds are made, and language, which involves understanding and choosing the correct words to use.

AQUATIC THERAPY

Aquatic Therapy is the practice of physical therapy within the environment of a pool. The buoyancy, support and accommodating resistance of water enhances exercise and creates a safe environment for progressive rehabilitation. Water prompts muscle relaxation, facilitates stretching, increases range of motion, decreases tissue swelling, protects joints during exercise and reduces the sensation of pain.

SPORTS PHYSICAL THERAPY

Orthopedic And Sports Physical Therapy- Sports injuries demand special attention. The staff at Gateway Physical Therapy can provide a competitive edge to the athlete. Our staff specializes in the rehabilitation of sports injuries to promote a complete effective and efficient way to examine injuries while in conjunction working with physicians to provide a quick and safe return to the game. A medical prescription is needed for insurance reimbursement.

INFRARED LIGHT THERAPEUTIC SYSTEMS

This system, which produces similar effects as Anodyne Therapy, is used most commonly to treat diabetic neuropathy thus improving sensation and balance. General benefits include promotion of healing, decreased pain, and improved circulation. Below are common medical problems that can be treated with the "Infrared Light Therapeutic Systems".

- Arthritis Pain
- Back Pain
- Circulation Problems
- Bursitis Pain
- Capsulitis
- Osteoarthritis
- Chondromalacia
- Metatarsalgia
- Myofascial Pain Syndrome
- Diabetic and Venous Ulcers
- Wound Care
- Lymphedema
- Carpal Tunnel Syndrome
- Compartment Syndrome
- Peripheral Neuropathy

OCCUPATIONAL THERAPY

Occupational Therapy helps people to take care of themselves when a health problem limits normal activity due to an impairment. Normal activity, referred to as activities of daily living, consist of bathing, dressing, eating, fixing meals, doing housework, and managing personal business are taken for granted by most people. Occupational Therapy teaches a person how to do these "day- to- day" tasks independently or with the help of special assistive devices.

*It is **your decision** as to where you receive your physical therapy services. Simply **ask your doctor for a referral** to Gateway Physical therapy.*

*We look forward to meeting your future needs by providing the **highest quality of care available** to get you back in the game, back to work, and to once again enjoy a quality and functional life.*