

# Physical Therapy

To schedule appointments for shoulder, neck, back, hip, knee, ankle or foot therapy at:

- Fresh Meadows or Flushing (Main Campus), please call 1-855-37REHAB (73422)
- Jackson Heights please call 1-844-REHAB01 (734-2201)



Outpatient physical therapy was developed to help patients with a wide variety of rehabilitative needs. Each patient receives a comprehensive initial assessment with home exercises provided.

Our dedicated staff works with each patient to develop a specific plan of care. This includes helping patients return to work, setting guidelines for recreational activities and fully maximizing a patient's potential to improve their functional capacity.

## Common Conditions Treated

- Amputations
- Arthritis
- Cervical pain
- Fibromyalgia
- Geriatric
- Joint pain
- Joint replacements
- Low back pain
- Lymphedema
- Neurological disorders
- Parkinson's disease
- Post-surgical care
- Rheumatoid arthritis
- Spinal cord injuries
- Sports injuries
- Stroke
- Tendon repairs
- Traumatic brain injury
- Upper and lower body injuries and pain
- Vestibular disorders

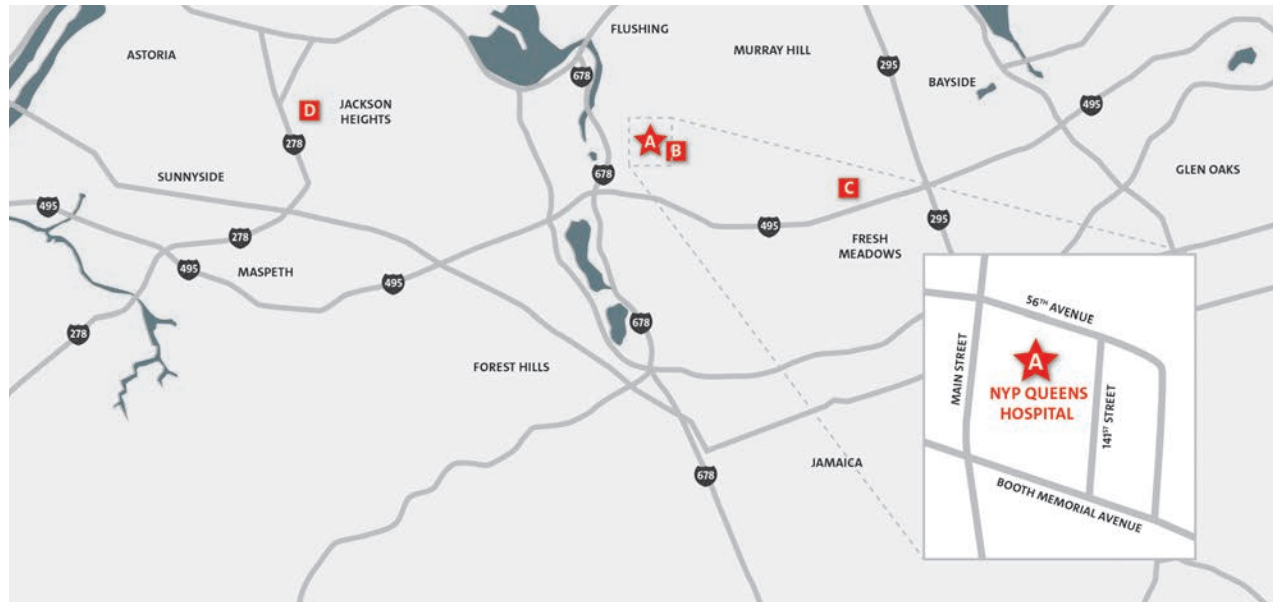
## Physical Therapy Treatments

- Active Release Techniques (ART)
- Balance training
- Electrical stimulation
- Ergonomic training
- Gait and stair training
- Kinesio taping
- Manual therapeutic techniques
- Moist hot packs and cold packs
- Neurological re-education
- Paraffin
- Postural re-education
- Soft tissue and joint mobilization
- Therapeutic exercise
- Ultrasound



NewYork-Presbyterian Queens  
Knee and Hip Joint Replacement Program  
has earned The Joint Commission's  
Gold Seal of Approval®

# NewYork-Presbyterian Queens Rehabilitation Locations



**A** **NewYork-Presbyterian Queens Main Campus**  
56-45 Main Street, Flushing, NY 11355

**B** **NewYork-Presbyterian Queens**  
56-45 Main Street, 4 North, Flushing, NY  
Please call 1-855-37REHAB (73422) to  
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Speech Language Pathology  
and Swallowing
- Hand Rehabilitation
- Sports Medicine Rehabilitation
- Adult Swallowing
- Pediatric Feeding and Swallowing
- Adult Speech and Language
- Fall Prevention

**C** **NewYork-Presbyterian Queens**  
163-03 Horace Harding Expressway,  
2nd Floor, Fresh Meadows, NY 11365  
Please call 1-855-37REHAB (73422) to  
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Hand Rehabilitation
- Lymphedema Rehabilitation
- Neurological Rehabilitation
- Sports Medicine Rehabilitation
- Vestibular Rehabilitation
- Fall Prevention

**D** **NewYork-Presbyterian Medical Group Queens**  
72-06 Northern Boulevard, 2nd Floor,  
Jackson Heights, NY 11372  
Please call 1-844-REHAB01 (734-2201) to  
schedule an appointment for:

- Occupational Therapy
- Physical Therapy
- Hand Rehabilitation
- Sports Medicine Rehabilitation
- Fall Prevention