

Physical Therapy

Physical therapists help clients correct and prevent short-or long-term movement problems



that affect their ability to perform everyday activities. This typically includes a combination of exercise, strength training, gait

training, manual therapy techniques and education to promote optimum health and function.

Occupational Therapy

Occupational therapists work with patients who have been injured or disabled to prepare them to perform normal work and life functions.

The goal of occupational therapy is to get injured patients back to their optimal levels of function and performance as quickly as possible. Therapists use a balanced program of therapeutic exercise, proven manual techniques, functional training, and education. Each patient relationship begins with testing and evaluation and provides positive feedback throughout.

Common Therapy Services

- Hand Therapy
- Aquatic Therapy
- Sport Specific Training and Performance improvement
- Return to Work Program
- Wound Care
- Neurological Rehabilitation
- Lymphedema Management
- Vestibular Rehabilitation
- Speech Therapy
- Isokinetic Testing
- McKenzie Method



What can I expect at the first treatment?

At your first appointment, a licensed physical therapist and/or occupational therapist will evaluate your current status. During your evaluation, your therapist will set goals for your treatment and together you will develop a plan of care which will outline their recommendations for your treatment.

How long do visits usually last?

The first visit lasts about an hour and a half. Depending on the Plan of Care your therapist recommends for your treatment, your sessions may vary. Future appointments will last around one hour.

What type of clothing should I wear?

All lower extremity (knee and ankle) patients should wear shorts or some type of clothing that can be rolled up easily for treatment. Other patients may choose any attire as long as it is loose-fitting and comfortable.

Memorial Hermann Sports Medicine and Rehabilitation

With 21 facilities, an easy referral process and unrivaled care, Memorial Hermann Sports Medicine and Rehabilitation covers all of your rehabilitation needs close to home. Our goal is to get you back to a healthy active life whether you are recovering from joint replacement surgery or getting back on track after a sports injury. With highly skilled certified therapists and thoughtfully designed facilities equipped with the latest technology, our patients receive the highest level of therapy services available across the city.

Will my insurance cover physical therapy?

Most insurance companies cover physical and occupational therapy services prescribed by your doctor. If you have specific questions, call Centralized Scheduling at 713.521.0020 to discuss your options or visit us at memorialhermann/therapy.org.

