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| 1 Sports Medicine Institute | 14 Pearland East |
| 2 Greenway Plaza | 15 Alvin - Thelma Ley
Anderson YMCA |
| 3 The Wellness Center | 16 Webster - E.A. Smith YMCA |
| 4 Southwest - Beechnut | 17 Willowbrook |
| 5 Sugar Land | 18 The Woodlands
- Branch Crossing YMCA |
| 6 Sugar Land - Williams Trace | 19 The Woodlands
- Medical Plaza II |
| 7 Katy | 20 Mid County |
| 8 Town and Country | 21 Greenbriar |
| 9 Memorial City | 22 Clear Lake |
| 10 East Houston | 23 Northwest |
| 11 Pasadena | 24 Conroe |
| 12 Southeast - Medical Plaza I | 25 Baseball USA |
| 13 Pearland West
- Silverlake Village | |

Centralized Scheduling

Our centralized scheduling staff assists patients with identifying the most convenient appointment dates, times and locations.

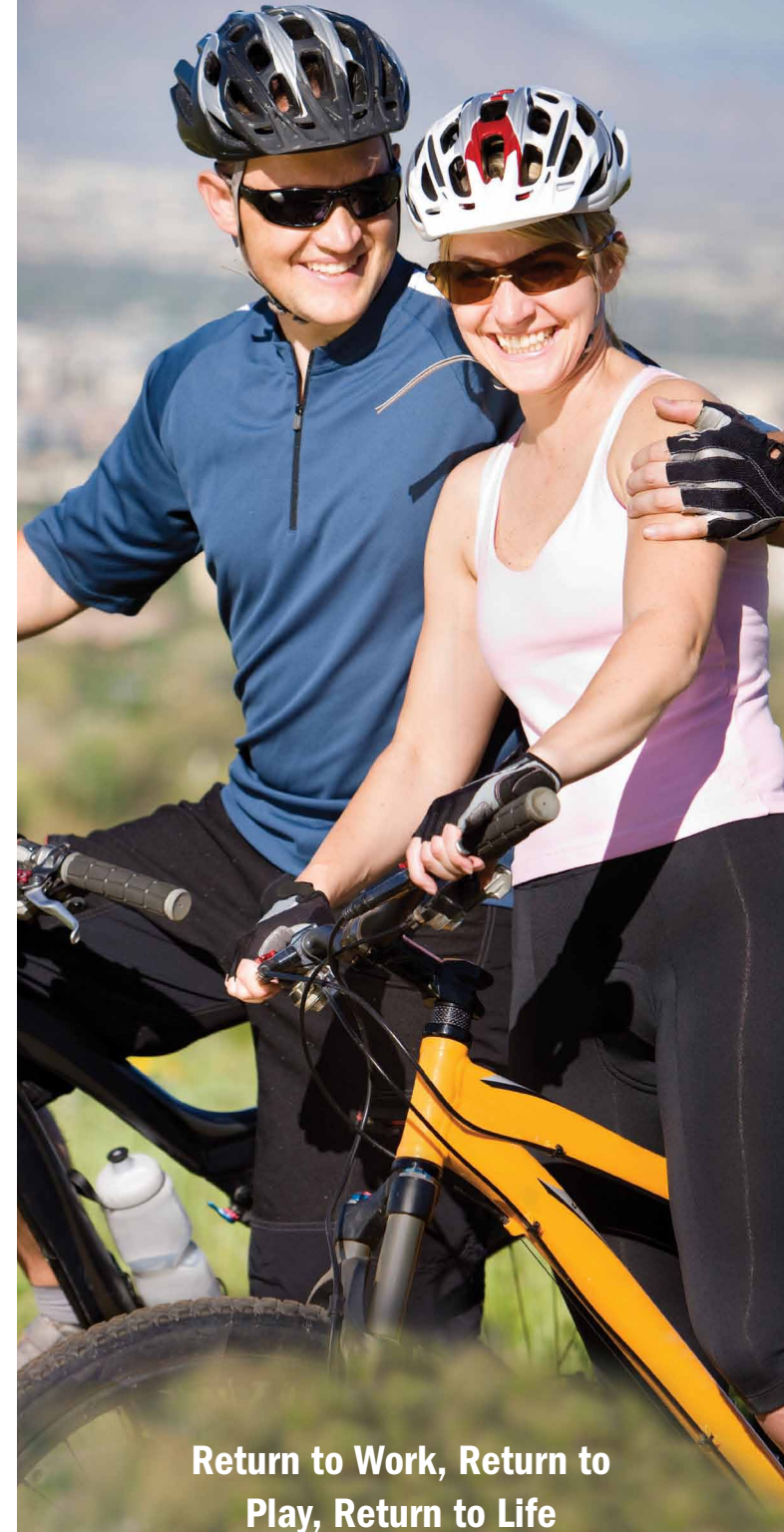
P 713.521.0020 **F** 713.874.1798

**MEMORIAL
HERMANN**
Sports Medicine &
Rehabilitation

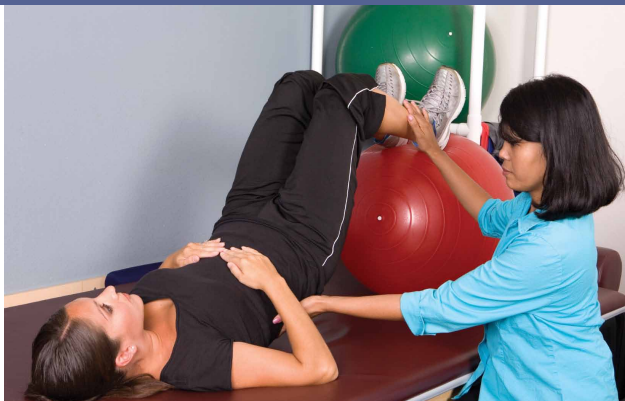
memorialhermann.org/therapy
713.521.0020

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WHAT TO EXPECT FROM THERAPY



**Return to Work, Return to
Play, Return to Life**



Physical Therapy

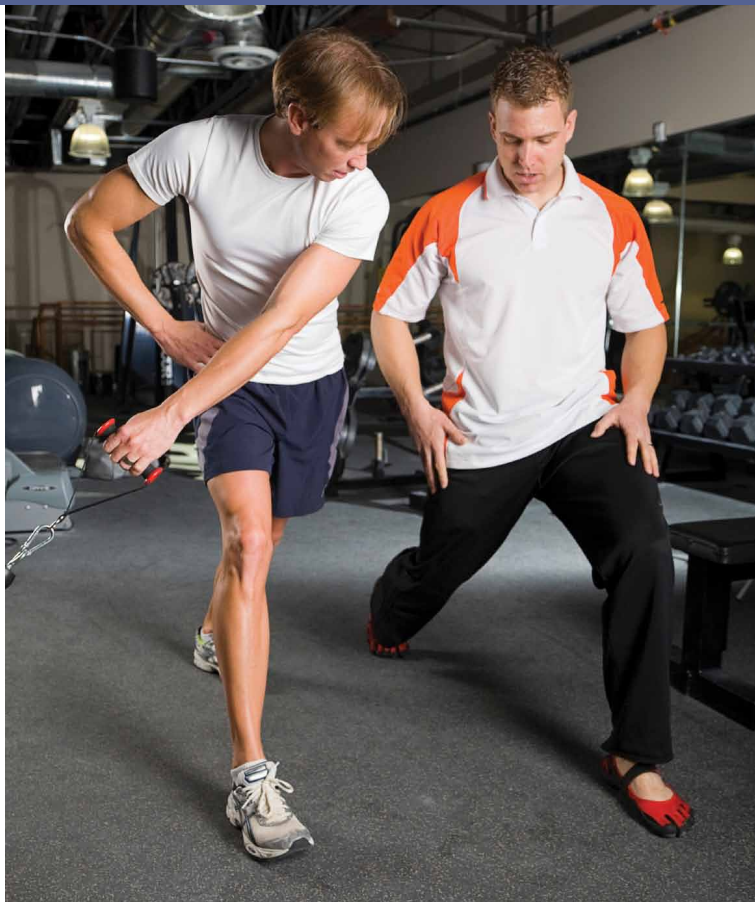
Physical therapists help clients correct and prevent short - or long - term movement problems that affect their ability to perform everyday activities. This typically includes a combination of exercise, strength training, gait training, manual therapy techniques and education to promote optimum health 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 rehabilitation and performance improvement
- Return toWork Program
- Wound care
- Neurological rehabilitation
- Lymphedema management
- Vestibular rehabilitation
- Speech therapy
- Isokinetic testing
- McKenzieMethod



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 the 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 & Rehabilitation

With 25 facilities, an easy referral process and unrivaled care, Memorial Hermann Sports Medicine & 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, we offer patients 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.org/therapy.

