



## Appointments for outpatient therapy at the Vanderbilt Rehabilitation Center

At Vanderbilt Rehab, we offer convenient appointments and participate in most health insurance plans. After talking with your doctor about a referral to outpatient therapy, please call (401) 845-1845 to make an appointment.

You must be referred to the outpatient therapy program by a physician. Your doctor's office can fax a referral to us at (401) 848-6043, or give you a prescription to bring to your first appointment.

The Outpatient Rehabilitation program at Vanderbilt Rehabilitation Center is conveniently located on the first floor of Newport Hospital's Turner Building, immediately to the left of the main lobby at the Powel Avenue entrance.



### Vanderbilt Rehabilitation Center at Newport Hospital

*A Lifespan Affiliate*

11 Friendship Street  
Newport, RI 02840

[www.newporthospital.org](http://www.newporthospital.org)



### Vanderbilt Rehabilitation Center at Newport Hospital

*A Lifespan Affiliate*

## Outpatient Rehabilitation



*Committed to Caring for  
Newport County*

## The Outpatient Rehabilitation Team

In the Vanderbilt Rehabilitation Center outpatient rehab program, you will have a knowledgeable team of professionals who are prepared to provide one-on-one, individualized assessment and attention to help you restore your lost function or reduce your pain.

Along with a dedicated team of support staff, the Vanderbilt Rehab outpatient therapy team includes licensed physical therapists and physical therapy assistants, occupational therapists, and speech language pathologists. They work together to provide care for all people who require physical rehabilitation—children, adolescents, and adults of any age.

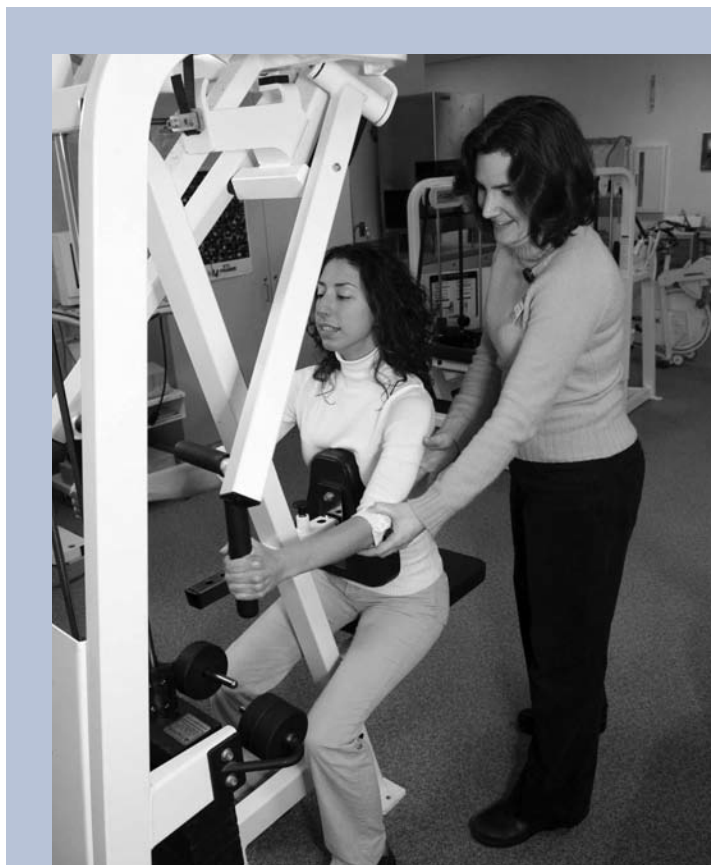
## Vanderbilt Rehab Outpatient Programs

Following your initial assessment, the therapy team draws from a variety of treatment techniques to help you progress. These include, among others:

- Balance retraining
- Cognitive treatment
- Developmental activities
- Extensive fitness equipment
- Gait training
- Manual lymphatic drainage
- Manual therapy
- Modalities to lessen acute pain and inflammation
- Neuromuscular re-education
- Patient and caregiver education

- Prosthetics and orthotics training
- Self-care retraining
- Soft tissue and joint mobilization
- Splinting
- Therapeutic exercise
- Voice training

We also offer special programs, such as a prosthetic and orthotic clinic and a falls prevention program, both provided under the direction of our physiatrist, as well as programs specifically for women. Additional offerings coordinated by our staff include an arthritis exercise program, a social communication group, and an osteoporosis management program.



Some of the most common conditions for which patients come to Vanderbilt Rehab outpatient therapy include:

- Amputation
- Aphasia
- Back and neck pain
- Balance and vestibular disorders
- Cumulative trauma disorders (such as arthritis/tendonitis/bursitis)
- Deconditioning
- Joint replacements
- Neurological disorders (such as stroke, Parkinson's disease, multiple sclerosis and others)
- Orthopedic injuries
- Pregnancy-related issues (such as back pain, carpal tunnel syndrome)
- Peripheral neuropathies
- Spinal conditions (pre- and post-surgical)
- Sports injuries
- Swallowing dysfunction
- Tendon repair
- Women's health (such as urinary incontinence, lymphedema)