Outpatient Rehabilitation and Aquatic Center

Hospital for Special Care’s (HSC) Outpatient Rehabilitation and Aquatic Center is designed to meet the needs of patients who require assistance but do not require hospitalization. Whether from illness, surgery, or injury, therapy may be needed to improve muscle strength, coordination, and mobility. The Center offers a comprehensive approach provided by our highly-skilled physical and occupational therapists and speech-language pathologists.

We work with each patient and his/her physician to provide individualized one-on-one care, and to develop a specially-designed treatment program. At HSC, your therapist makes a point to know you, your medical history, and your progress. Your therapists will also stay in touch with your doctor to provide updates on your progress, adjust treatment when necessary, and correct problems if they arise.

HSC’s Outpatient Rehabilitation and Aquatic Center features modern, bright therapy rooms and a large spacious treatment gym. The outpatient gym has cathedral ceilings with large skylights which fill the treatment area with natural light that fosters an uplifting environment.

HSC has a full range of highly-specialized equipment that allows for a personalized treatment plan to be developed for each and every individual. Equipment includes:

- Balance Master
- Bioness®
- BTE Simulator
- Modalities
- MYOMO®
- Pressure Mapping System
- RTI® Spinal Cord Bikes
- Saebo Flex®
- Traction Tables
- Wii® Station
- Body Weight Support Elliptical Trainer
- ReWalk Exoskeleton

Physical and Occupational Therapy Services

Our physical therapists focus on improving a person’s movement, mobility, and strength to restore, maintain, and promote optimal physical function. This is accomplished through various means, including exercise on land or in our therapy pools, manual techniques, modalities, bracing, adaptive equipment, and/or education.

For further information, please contact:

Outpatient Rehabilitation and Aquatic Center 860.832.6258
Our offices are located at:
Hospital for Special Care
2150 Corbin Avenue, New Britain, CT 06053
There is ample, free parking.
See website for directions: www.hfsc.org

Our occupational therapists focus on improving a person’s ability to perform daily self-care needs and routines which may include difficulty with sequencing and planning, arm and hand movements, and fine-motor coordination.

In addition to chronic diseases and common musculoskeletal conditions, such as post-surgical rehabilitation, lower back pain, and carpal tunnel syndrome, our therapists specialize in the following areas:

- Acquired-brain Injury Rehabilitation
- Acquired-brain Injury Waiver Evaluation (Functional and Safety Components)
- Amputee Management
- Aquatic Therapy
- Assistive Technology Evaluations and Training
- Balance Training Using the Balance Master® Assessment Tool
- Bioness® Training
- Complex Orthopedic Injuries
- MYOMO® Training
- Neuromuscular Rehabilitation for Diagnoses Including:
  - Amyotrophic Lateral Sclerosis (ALS)
  - Multiple Sclerosis
  - Muscular Dystrophy
- Orthotic Fabrication
- Parkinson’s Disease
- Pressure Mapping
- Pulmonary Rehabilitation
- Saebo® Training
- Spinal Cord Injury Rehabilitation
- Stroke Rehabilitation
- Vestibular Rehabilitation
- Wheelchair Evaluation
- Wii® Therapy
Aquatic Therapy
HSC outpatient facilities include a state-of-the-art, fully accessible 27,000 square-foot Aquatic Rehabilitation Center, featuring two pools—a warm water pool to help reduce pain during aquatic therapy and a cool water pool for fitness, athletic training, and recreation. Physical therapy in an aquatic setting provides decreased pressure on the body’s joints and allows better tolerance for exercise. In addition, the warmer temperature of 92 degrees provides pain relief and reduces muscle tension to affected areas. Therapy is provided by specially-trained therapists who advance the program as the patient improves.

Therapy is initiated on land for the first appointment to establish a baseline status and discuss expectations. A course of treatment may include aquatic therapy only, aquatic therapy for a specific amount of time with eventual progression to land therapy, or a combination of aquatic and land therapy. In an effort to bring fitness and rehabilitation together in one convenient setting, HSC’s Aquatic Rehabilitation Center also features a fitness center that offers innovative strength training, cardiovascular, and adaptive equipment.

Speech Language Pathology Services & Assessments
Our speech-language pathology services and assessments are designed to consider all of the variables that affect a patient’s ability to meet his/her goals, including oral care, level of independence in daily activities, medication, and quality of life needs.

Dysphagia Services:
Our approach to dysphagia management focuses on optimizing the individual’s ability to maintain his/her nutrition and hydration needs.

Augmentative Communication Services
We provide services in the evaluation, prescription, and treatment of augmentative communication for individuals who cannot use speech to communicate their needs effectively. HSC has a wide repertoire of evaluation tools and augmentative communication systems to use during the assessment process. We work closely with a variety of vendors to explore the systems that best meet the patient’s needs. Our evaluation will also provide the patient with the documentation and guidance necessary to pursue funding options, if needed.

Lee Silverman Voice Treatment (LSVT)
HSC has a clinician certified in the LSVT program. This program is intended to treat speech and voice changes often associated with Parkinson’s Disease and other neurological disorders.

Accreditation/Recognition/Certification
For more information, please visit our website at: hfsc.org/about-us/accreditations

To receive updates on our programs, please email Sheldon Bustow, sbustow@hfsc.org.
Please remember to follow Hospital for Special Care on Facebook and Twitter @HospSpecialCare.

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