



Your "Choice" for Physical Therapy

FOUR CONVENIENT LOCATIONS

Participating with:

Managed Care, Auto, Workman's Compensation,
Medicare, Primary Commercial Insurances

We make every effort to facilitate the processing of insurance claims so that the maximum health benefit you are entitled to is obtained. If you do not have insurance or have difficulty with the balance of your bill, other payment arrangements can be made. We offer a flexible schedule of payments tailored to your particular situation. We also accept Visa and Mastercard.

1-800-548-6677



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Your "Choice" for Physical Therapy

LATROBE

Mailing Address/Administration
Physical Therapy Center
Latrobe Plaza
911 Ligonier Street
Suite 001
Latrobe, PA 15650
(724) 537-9577
(724) 537-0195 Fax

Physical Therapy Center & Work Place

Unity Plaza Office
318 Unity Plaza
Latrobe, PA 15650
(724) 537-2340
(724) 537-5340 Fax

Physical Therapy Center & Aquatic Physical Therapy

Abbey View Medical Arts Building
5840 Rt. 981 Suite 103
Latrobe, PA 15650
(724) 539-6667
(724) 539-6614 Fax
Aquatic Therapy
Full Size Therapeutic Pool

INDIANA

Physical Therapy Center & Work Place & Aquatic Physical Therapy
1176 Mansfield Ave.
Indiana, PA 15701
(724) 357-9991
(724) 357-9993 Fax



"Your Choice"

PHYSICAL THERAPY

AQUATIC THERAPY

SPORTS REHABILITATION

INDUSTRIAL REHABILITATION

Your Choice for Physical Therapy

WELCOME

At Laurel Highlands Health Center we welcome the opportunity to care for you. Our professional staff offer a wide variety of rehabilitation services that are designed to meet your special health care needs. Our goal is to prevent injury or recurrence and get the patient actively involved in managing their health. We believe you deserve a comprehensive treatment program using progressive techniques and state-of-the-art equipment. Our close communication with your physician ensures quality care in a partnership that exists between you, your doctor, and the professionals at Laurel Highlands Health Center.

SERVICES

Laurel Highlands Health Center has been a Certified Rehabilitation Agency since 1982. Our licensed physical therapists, certified athletic trainers, and specially trained exercise instructors provide a wide range of services for all age groups. Although physical therapy is our main focus, specialty areas outlined below have been carefully developed to meet the diverse needs of our patients.

- Physical Therapy – We specialize in treatment of pain, range of motion limitations, muscle weakness, postural imbalance, and neurological impairments through the use of physical agents, mobilization, and exercise. Our emphasis is on objective documentation of progress and active patient involvement.
- We expect you to make an educated decision when choosing your health care provider. Stop in and ask questions if you need assistance in deciding if Laurel Highlands Health Center can help you.

ATHLETIC TRAINING AND SPORTS MEDICINE

Injured athletes require prompt and thorough care to facilitate safe return to their sport. Laurel Highlands Health Center provides a complete athletic rehabilitation service that allows for on-site athletic supervision, medical examination, and clinical rehabilitation of injuries. Our pre-season athletic screening helps in meeting everyone's goal of injury prevention.

BACK CLINIC

Our treatment of neck and low back problems requires active patient involvement. We utilize a progressive treatment approach with the emphasis on exercise, therapist assisted exercise and joint mobilization. Let the "exercise experts" help prevent future episodes of back and neck injury in everyday situations.

INDUSTRIAL REHABILITATION

Laurel Highlands Health Center offers a comprehensive rehabilitation program for the injured worker. In the "Work Place", treatment protocols coordinated with our industrial medicine committee are designed to achieve maximal results within a reasonable time frame. We perform Functional Capacity Evaluations, analyze working conditions, and implement work hardening programs. Job simulation during work hardening is our specialty. We hope our multi-disciplinary approach to industrial rehabilitation meets the diverse needs of the worker as well as the employer.

BALANCE / VESTIBULAR THERAPY

Any loss of balance, coordination, or sense of body position in space (proprioception) makes it hard to fully enjoy life. Balance therapy improves the ability to walk and stand without the fear of falling, and the dangerous complications of soft tissue injuries or fractures that could occur. Patients with lower extremity orthopaedic deficits, neurological problems, dizziness and/or vertigo can readily benefit from the specialized care received at Laurel Highlands Health Center for balance disorders. Our Physical Therapists utilize a battery of tests that assess deficits including computerized testing. A program is then developed utilizing physioball protocols, BAPS board exercise, stair climbing and treadmill equipment, aquatic and gait training and exercises.

TEMPORAL MANDIBULAR JOINT ASSESSMENT

An uncomfortable clicking sensation in the jaw, headaches, and neck pain can be symptoms of temporal mandibular joint (TMJ) dysfunction. Laurel Highlands Health Center has developed a unique treatment program that coordinates exercise and dental appliance application. Our goal is to normalize movement and posture of the neck, shoulder girdle, and jaw. Active patient involvement, exercise and regular assessment of dental appliances ensures maintenance of progress and optimal return of function.

AQUATIC THERAPY

Aquatic therapy is a newly innovative program offered by Laurel Highlands Health Center. We make available to our patients the healing properties of water in a program that considers the patient's diagnosis and individual goals. Painful and stiff joints benefit from the buoyancy effects of water and the gentle full body resistance offered by exercise movement against water. This new program has been developed to treat both extremities and back problems particularly in the acute stage with special benefits for the arthritic patient. The patient does not need to know how to swim to participate in this aspect of physical therapy.

PREVENTATIVE MEDICINE & WELLNESS PROGRAMS

Education seminars, wellness programs, newsletters, sports clinics, internship programs, and a speakers network that covers a variety of health care topics with special emphasis on prevention. Sample topics include running, back school, postural pain in the work place, spinal screening, orthotic casting, and physical therapy for the expectant/post delivery woman.

Pregnant women and women at risk for Osteoporosis have special needs with regard to recovering, improving or maintaining cardiovascular and musculoskeletal fitness. Our physical therapists have developed a unique exercise and wellness program to meet the goals of these two diverse groups. A flexibility, strengthening and endurance program carefully monitoring vital signs and proper body mechanics allows our "exercise experts" to help you reach your maximum health potential in a safe and efficient manner. Our flexible scheduling of this program makes it a favorite.

MYOFASCIAL RELEASE CLINIC

A tissue called "fascia" wraps around our muscles, nerves, ligaments and blood vessels throughout the body. When we are in pain from lifting improperly, poor posture and/or direct trauma to these tissues the fascia is often forgotten and untreated preventing full recovery. Our treatment of neck and back problems has improved dramatically with the development myofascial release protocols. Specialized training is required by our Physical Therapist to apply the "hands on" techniques that stretch (release) and realign the fascia leading a more lasting pain relief.

INITIAL APPOINTMENT

You can make an appointment by phoning or stopping in. We try to accommodate even the busiest of schedules.

ITEMS TO BRING:

- referral slip from physician who prescribes therapy.
- appropriate clothing to allow full examination of injured body part such as shorts, halter top, tennis shoes, etc.
- insurance information and forms.



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PARTICIPATES WITH THE FOLLOWING INSURANCE COMPANIES:

All Highmark Plans:

Adult Basic	Keystone Blue
Blue Cross/Shield	Medigap Blue
CHIP	PPO Blue
Classic Blue	Preferred Blue
Complete Care	Premier Blue
Direct Blue	Security Blue
EPO Blue	Select Blue
Federal Employee	Signature 65
Freedom Blue	Special Care

Active Care Plus

Advantra

Aetna Health Plans/Work Comp

Align Networks

Alliance Healthcard

American PPO

Ameriplan USA

Ancillary Care Services (ACS)

BCE Emergis

Brokerage Concepts

BWC

Care IQ

Champus

Coastal Comp Health Network (CCHN)

Comp Services, Inc.

Corvel/CorCare PPO

Covenant Companies

DEVON Health Services

Evolutions Healthcare System

Fed Med

First Health

(Includes Focus Healthcare)

Fortified Health Network

Galaxy Health Network

Global Excel Management

Great West Healthcare

Health America/Assurance

Health Coalition Partners

Health Dynamics

HealthLink

Health Management Network

Health Net Federal Services

Health Net Plus

HHC Group

Hoover

IMX Medical Management

Independent Medical Systems

Integrated Health Plan (IHP)

Intergroup



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PARTICIPATES WITH THE FOLLOWING INSURANCE COMPANIES:

Interplan
Logicomp Business Solutions
MAMSI
MCS (Managed Care Strategies)
Medicare
Modern Medical
MultiPlan
National Care Network (NCN)
National Choicecare
National Health Finance
Network Synergy Group
NPPN (National Preferred Provider Network)
National Provider Network
North American Preferred
Operating Engineers Local 825 Welfare Fund
Optum Health Allies
Plan Care America
Plan Vista
PPO Next
Premier Access
Premier Provider Network (NAPP)
Prime Health Services
Private Health Care Systems (PHCS)
Procura Management
Provider Select

Reny Company
Select Care Access
Three Rivers Provider Network (TRPN)
Tricare
Unicare
UMWA-The Funds
Unison
Universal Smart Comp
UPMC for Community Living
UPMC for Life (Specialty Plan)
UPMC for You
USA Managed Care
West Virginia Workers Comp
****PTPN****

**And many others! Please call
1-800-548-6677 for more
Insurance information.**