

## **REHABILITATION MEDICINE DEPARTMENT SPINE PHYSICAL THERAPY**

- **Program:** New York-Presbyterian Hospital provides a back and neck rehabilitation program of unique quality. All treatments are individualized and provided by licensed physical therapists. Physical therapists are highly skilled and experienced in spine rehabilitation. Many of our staff have advanced certifications in a number of specialties including the McKenzie approach, the Feldenkrais Method, Pilates and some also hold clinical specialist certifications in Orthopedic Physical Therapy by the American Board of Physical Therapy Specialties.

**Facilities:** Our facilities are easily accessible and complete with individualized treatment booths and exercise equipment. A therapeutic pool is also available. As part of a teaching hospital, the physical therapy program keeps pace with the latest concepts, research and treatment approaches in spine rehabilitation.

**Conditions Treated:** Herniated nucleus pulposus, spinal stenosis, lumbar/cervical radiculopathy osteoarthritis, facet impingement syndrome, post-surgical intervention, whiplash injuries, TNJ dysfunction and postural syndromes.

### **Interventions:**

- McKenzie approach
- Paris/Maitland mobilization techniques
- Feldenkrais Method
- Manual techniques, including massage, myofascial release, muscle energy
- Postural re-education
- Modalities, including ultrasound, electrical stimulation, iontophoresis
- Ergonomic education
- Aquatic physical therapy

### **Referrals: Call (212) 746-1500**

- The patient or physician's office can call for a PT appointment,
- Fax a prescription that includes the following information: patient's name, diagnosis, precautions, frequency and duration of therapy and contraindications or precautions, if applicable.
- Fax prescription to (212) 746- 1989
- If you choose to seek therapy closer to your home, we recommend that you find a McKenzie certified therapist specializing in evaluation and treatment of the spine. Go to [www.mckenziemdt.org](http://www.mckenziemdt.org) and follow prompts to "find a practitioner". This will allow you to enter a local zip code and find practitioners within a 10 mile radius of your home or office.

**Physical Therapy at New York-Presbyterian Hospital/Weill Cornell Medical Center  
525 East 68<sup>th</sup> Street, Baker Building, 18<sup>th</sup> floor**

**For appointments call (212) 746-1529/1550**

**Prescriptions may be faxed to (212) 746-8900. Most insurance plans accepted.**

The Physical Therapy Department at New York Presbyterian Hospital provides comprehensive assessments and treatment plans for a wide variety of patients and in various specialty areas:

- **Orthopedic Rehabilitation**  
Orthopedic diagnoses such as arthritis, tendonitis, sprains and strains, fractures and post-surgical conditions. PT staff includes Board Certified Orthopedic Clinical Specialists
- **Spine Therapy**  
Physical therapists that are certified in the **McKenzie treatment approach** work with patients with back and neck pain from such conditions as herniated disc, spinal stenosis, cervical and lumbar radiculopathy, post-spinal surgery and myofascial impairments or postural syndromes.
- **Neurological Rehabilitation**  
Experienced PTs with advanced training/certifications in **Neurodevelopmental Treatment Approach, Constraint Induced Therapy and PNF** provide treatment for stroke, traumatic brain injury, multiple sclerosis, Parkinson's disease and other conditions. Latest equipment in **Body weight support gait training available.**
- **Vestibular Rehabilitation and Balance Retraining**  
Physical and occupational therapists **certified in vestibular rehabilitation** provide treatment for patients with dizziness and balance disorders resulting from BPPV and other vestibular problems. Objective testing with our state for the art **Smart Balance Master** is offered.
- **Women's Health**  
Evaluation and treatment for specific women's health concerns such as prenatal and postpartum neck and back pain, and urinary incontinence are available.
- **Specialized Exercise Instruction**  
Physical therapists with certifications in **Pilates and Feldenkrais** techniques work one on one with patients to develop exercise programs tailored to their condition and needs.
- **Hand Therapy**
- **Certified hand therapists** provide individualized treatment of hand disorders including carpal tunnel syndrome, fractures and post-surgery.
- **Biomechanical Foot Evaluations**  
Physical therapists perform specialized assessment of the lower body and foot mechanics as it relates to pain and overuse syndromes. After the evaluation, the PT proceeds with casting of the feet and fabrication of custom orthotics.
- **Aquatic Physical Therapy**  
An adjunct to a physical therapy program, our therapeutic pool provides a comfortable medium for exercise.
- **Burn Rehabilitation**  
Therapeutic interventions for the specialized needs of patients with burns and scarring available.
- **Lymphedema Management**  
Physical therapists **certified in Lymphedema Management** provides treatments for acute and chronic conditions using Complete Decongestive Therapy.

For more information, go to: [cornellneurosurgery.org/spine](http://cornellneurosurgery.org/spine)