Who is a candidate for VNSNY Physical Therapy?

If your patient has difficulties with one or more of the following, they may benefit from Physical Therapy:

- Ambulation owing to a gait abnormality, balance, proprioception, and/or sensory deficits
- Ascending or descending stairs
- Balance (falls risk or history of falls)
- Bed mobility (scooting, turning, sitting up)
- Transfers (toilet, tub, sit to stand)
- Weakness or deconditioning
- Dyspnea/difficulty breathing at any level
- Cardiopulmonary deficits (decreased endurance, energy conservation needs)
- Pain that limits mobility
- Completing ADLs
- Accessing the community or is homebound

For information about this service, or to refer a patient, please call VNSNY at 1-866-632-2557.
Who is a candidate for VNSNY Physical Therapy?

Our physical therapists strive to improve patient safety, strength, flexibility, balance, and coordination through services focused on:

- Falls risk management, strength training, gait training, increasing/maintaining range of motion and assessing the need for assistive devices or mobility equipment
- Evaluating home environment for safe mobility, educating patients and caregivers on patient safety and techniques to safely assist patients in ADLs
- Improving posture and balance
- Creating customized exercise programs to address individual needs
- Teaching energy conservation to limit strain on joints and muscles, and pacing for cardiopulmonary conditions
- Providing training on how to safely move from bed or chair, walk on level ground and navigate steps
- Reinforcing post-operative instructions for surgical patients
- Instructing in use of equipment such as walkers, canes, wheelchairs and other assistive devices

Based on the patient’s needs, VNSNY also offers Occupational Therapy and Speech-Language Pathology, and will coordinate with those specialists as appropriate. This interdisciplinary approach to hands-on care is rooted in best-practice protocols to improve patient outcomes.

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