



Outpatient Service Center West Road Campus

For added convenience, patients in need of physical therapy can receive treatment at the Outpatient Service Center. Treatment is offered for a variety of conditions, including sports related injuries, fibromyalgia, and post-surgical rehabilitation. The OPS Center also features extended hours to accommodate patients' busy schedules.

When you need rehabilitation services, ask your physician to refer you to Cortland Regional Medical Center:

Main Campus

Rehabilitation Services (607) 756-3606
8:00 a.m. – 4:00 p.m. (M-F)

- Physical Therapy
- Occupational Therapy
- Speech Therapy

West Road Campus

Outpatient Service Center (607) 753-6000
7:00 a.m. – 5:30 p.m. (M-F)

- Physical Therapy



134 Homer Avenue
Cortland, NY 13045
(607) 756-3500
www.cortlandregional.org

Physical Rehabilitation Services

Treating the Whole Person





The Rehabilitation Services Department

staff is committed to providing exceptional care to patients recovering from surgery, illness, or injury. The goal of these highly trained professionals is to return individuals to their greatest level of independence: at home, at work or within their community.

Patients are treated and cared for by licensed therapists specializing in physical therapy, occupational therapy, or speech therapy. Our staff uses an interdisciplinary team approach to rehabilitative therapy. After thorough assessment and evaluation, therapists from the three specialties will work together to custom-design a program to fit the patient's specific needs.

For patients needing an extended rehabilitative stay following injury, illness, a worsened health condition or surgery, we offer the Short Term Physical Rehab program through the Cortland Regional Nursing & Rehab Center. The program is ideal for individuals of all ages who need additional therapy and support services before they are ready to return home.

Physical Therapy

Improving or restoring gross motor strength, functionality and the ability to make basic movements is the goal of physical therapy. Patients recovering from surgeries such as joint replacement, orthopedic or neurological procedures often benefit from physical therapy. Physical therapy is also utilized to treat various health conditions where the patient gains from improved motion and movement.

Occupational Therapy

Occupational therapists work with people of all ages who, because of illness, injury, developmental delays, or neurological problems, need assistance in restoring function to enable them to accomplish daily tasks to help them lead independent, productive, and satisfying lives. After injury or illness this may involve re-training in physical skills, thinking skills, or use of special equipment.

Speech Therapy

Speech therapy involves the management and treatment of various conditions affecting a person's ability to speak, communicate and swallow. Speech therapists work with individuals who may have weakened vocal chords, difficulty retrieving the words to speak, speech impediments, trouble swallowing, as well as working on problem solving skills. Therapy may involve teaching the patient how to eat different consistencies of food (for swallowing difficulties) or showing a patient postures to improve their condition.

Innovative Treatment & Testing

In recent years our therapists have also expanded their training to address specific women's health issues, such as pelvic floor dysfunction treatment (urinary incontinence) and lymphedema evaluation and treatment (post-mastectomy swelling of arms or legs). Our therapists also have training in specialized areas such as wound care, vision therapy, and functional capacity evaluations.

"Realism" in Rehab

Our Physical Rehab staff is part of the cutting-edge "realism" movement in rehabilitative care. This movement focuses on restoring the physiological function of patients, but takes rehab a step further by ensuring that patients can perform real-life tasks as well. The CRMC staff works with patients to perform everyday household actions such as preparing foods, making a bed, sitting down and getting up from furniture, and even getting in and out of a car.

Because of this "realistic" approach, the Physical Rehab physicians, staff and patient/family are more confident. Everyone can enjoy peace-of-mind knowing that before the patient returns home they have already performed basic household tasks. And these patients are also prepared to handle problem-solving for higher-level tasks that will come up in their everyday lives.

