

Physical rehabilitation

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After surgery, illness or injury, many patients need rehabilitation care during their stay to regain their health and function. At White Plains Hospital, our experienced team of physical therapists and other rehabilitation specialists help patients move forward with their lives.

Advanced rehabilitation services

Rehabilitation care at White Plains Hospital addresses a wide range of conditions that can make everyday tasks challenging. Physical therapists, occupational therapists and speech therapists work together to provide individualized care, for patients with amputations, joint replacements, balance problems, or those who recently had a stroke.

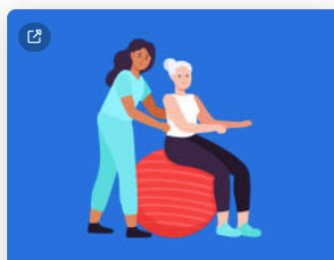
Our team includes experts with advanced certifications in specialized therapy techniques, such as manual therapy and vestibular rehab. We also have a certified lymphedema specialist, a therapist who specializes in hands and a clinical specialist in orthopedics. As well as speech therapy focused on advanced evaluations, such as video fluoroscopic swallowing studies, and treatments for language and swallowing disorders.

In addition, many of our orthopedic patients are referred to Hospital rehab services. Inpatient rehabilitation is provided by physical and occupational therapists, who help patients achieve full recovery from injuries and orthopedic surgery. For many patients who stay in the Hospital following orthopedic surgery, rehabilitation begins within 24 hours in the orthopedic nursing unit.

Following your stay, White Plains Hospital patients have access to [outpatient care at our Westchester Avenue office in West Harrison](#), in partnership with the highly regarded Burke Rehabilitation Hospital.

Patient-focused care

At each rehabilitation visit, patients work directly with our highly trained therapists. These one-on-one sessions are centered on each patient's goal. Whether it's inpatient or outpatient treatment, every care plan focuses on what the desired outcomes. Perhaps that's increasing range of motion or mobility again. No matter the objective, the entire team collaborates with the patient to reach that goal.



Physical therapy quiz

Learn what a physical therapist does and when you might need one.

Contact us

To learn more about physical therapy or to make an appointment, please call **914.681.1116**.

To reach the speech therapy department, please call **914.681.1160**.

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