

For more information, or to schedule an appointment, please call **(585) 341-9000** or visit **PMR.urmc.edu**. We accept all insurances and have day and evening appointments available.

Three convenient locations.

Clinton Crossings

4901 Lac De Ville Boulevard
Building D, Suite 250
Rochester, NY 14618

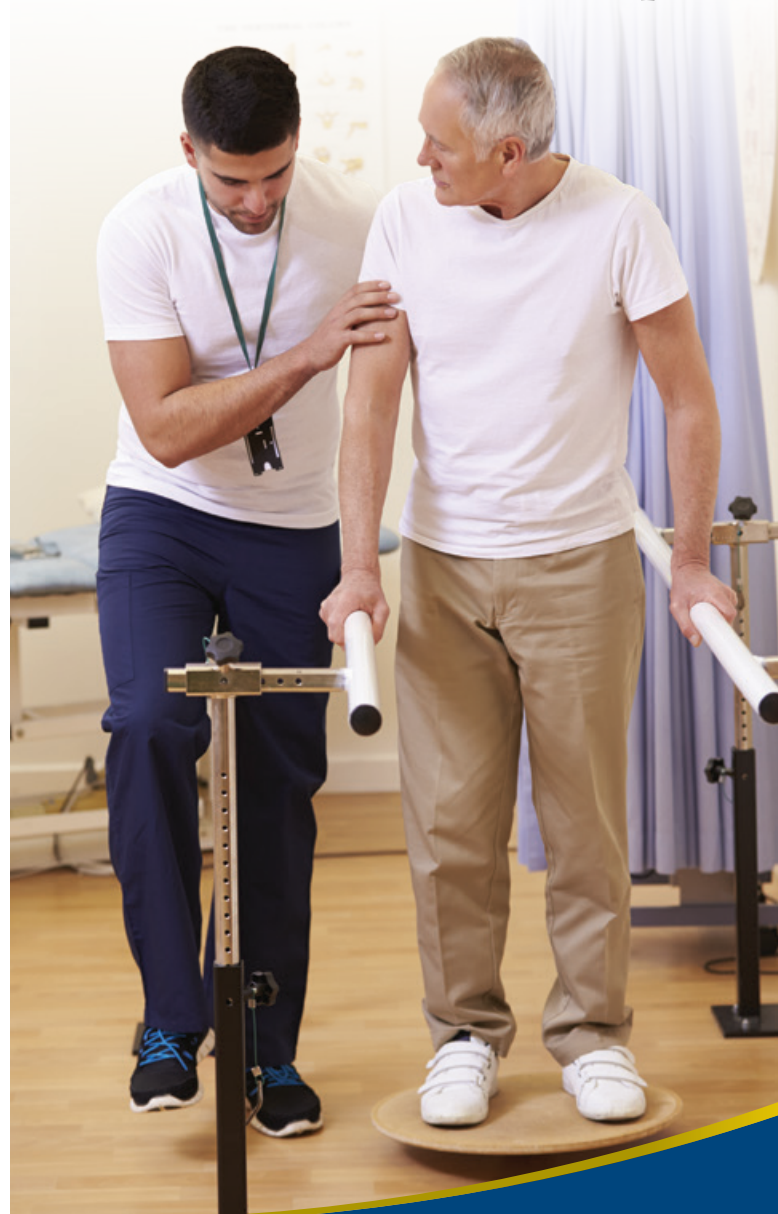
Strong Memorial Hospital

601 Elmwood Avenue
Rochester, 14642

Carlson MetroCenter YMCA

(Aquatic Program)
444 E. Main Street
Rochester, NY 14604

Physical Therapy



Helping you achieve your maximum potential.

UR Medicine Physical Medicine and Rehabilitation (PM&R) offers a full range of physical therapy treatments for people of all ages – from infancy to older adults. We offer specialists for all types of therapy and for specific diagnoses to help you regain function in your daily activities with increased confidence. There's no better way than PM&R's physical therapy services to get you back on the road to recovery.



Conditions we treat

Whether you are hurting from an acute injury, illness or long-term disability, our physical therapists have expertise in treating:

- Athletic injuries
- Arthritis
- Back and neck pain
- Balance disorders
- Burns
- Cancer-related disorders
- Concussion
- Disc injuries
- Fall prevention
- Fibromyalgia
- Motor vehicle-related injuries
- Neurological disorders
- Orthopaedic injuries
- Osteoporosis
- Pediatric disorders
- Post-surgical rehab
- Shoulder and elbow injuries
- Spinal cord injuries
- Stroke and its complications
- TMJ
- Vertigo
- Work-related injuries



Treatment program

Our experienced physical therapists provide care for patients through:

- Comprehensive evaluation and assessment
- Ultrasound, electrical stimulation, heat and cold plus aquatic therapy
- Personalized and activity-specific exercise programs designed to restore function and/or an active lifestyle
- State-of-the-art equipment
- Patient and family education programs including home exercise programs, body mechanics and ergonomics
- Collaboration and communication with your physician
- Balance/coordination exercises
- Myofascial release (gentle, sustained pressure into connective tissue to eliminate pain and restore motion)