

Outpatient Orthopedic Rehabilitation Services



When you have a physical injury, your focus is to get back to living your life. So you want rehabilitation services that can get you there as quickly as possible.

When you come to Alta Bates Summit Orthopedic Rehabilitation Services, you'll work with an experienced team using a creative, individualized approach to address your specific orthopedic problem. We emphasize therapeutic exercise for orthopedic illness or injury, ultimately helping you to get better faster.

Outpatient Orthopedic Rehabilitation Services

We successfully treat a wide spectrum of orthopedic conditions. Whether you need hand therapy, sports medicine, or physical therapy, Alta Bates Summit is the place to go for rehabilitation care.

Hand Clinic

Our Certified Hand Therapists evaluate you and provide hands-on therapy for your recovery from post-surgical conditions and repetitive strain injuries. Therapists maintain close communication with you and coordinate care and treatment plans with your physician.

Once we develop a plan for your care, treatment may include conditioning and strengthening along with the following therapeutic interventions:

- Joint and soft-tissue mobilization
- Exercise and range of motion
- Modalities to manage pain and reduce inflammation
- Home program instruction

- Customized splinting
- Work simulation and functional training

Our hand therapists work with you to provide a continuum of care. This often starts within days of the injury or surgery, and continues right through to your return to work and resumption of a productive lifestyle.

Sports Medicine and Physical Therapy

Our Sports Rehabilitation model is based on a thorough biomechanical evaluation and a therapeutic treatment program of manual therapy with emphasis on exercise. A progressive exercise approach, along with joint and soft-tissue mobilization, is the key for a rapid return to work or an active lifestyle. Our facility is a medical clinic with a "health club" feel, offering a full gym with the latest in exercise equipment. It is staffed by physical therapists, physical therapy assistants, and athletic trainers. Our key to success is that we train you to continue your rehabilitation program at home. Regular follow-up and our close communication with your physician ensure coordinated care to achieve your therapy goals.

Many of our patients join our **Open Gym** program at the completion of their structured therapy with us.

We offer flexible hours that fit into your busy schedule. So call us today and get back to your full and active lifestyle.

More Information

For more information call **(510) 204-1788**

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