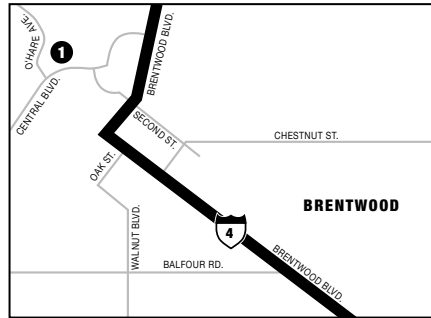


JOHN MUIR PHYSICAL REHABILITATION SERVICES

Therapy is offered at six conveniently located facilities:

1) Brentwood

1191 Central Boulevard Suite B
Brentwood, CA 94513
925-240-0334
Fax: 925-240-0338



2) Danville

915 San Ramon Valley Blvd., Suite 160
Danville, CA 94526
925-831-1414
Fax: 925-831-1820

3) Concord

2550 Park Avenue
Concord, CA 94520
925-674-2125
Fax: 925-674-2378

4) Rossmoor

1220 Rossmoor Parkway
Walnut Creek, CA 94595
925-988-7595
Fax: 925-930-0774

5) Walnut Creek

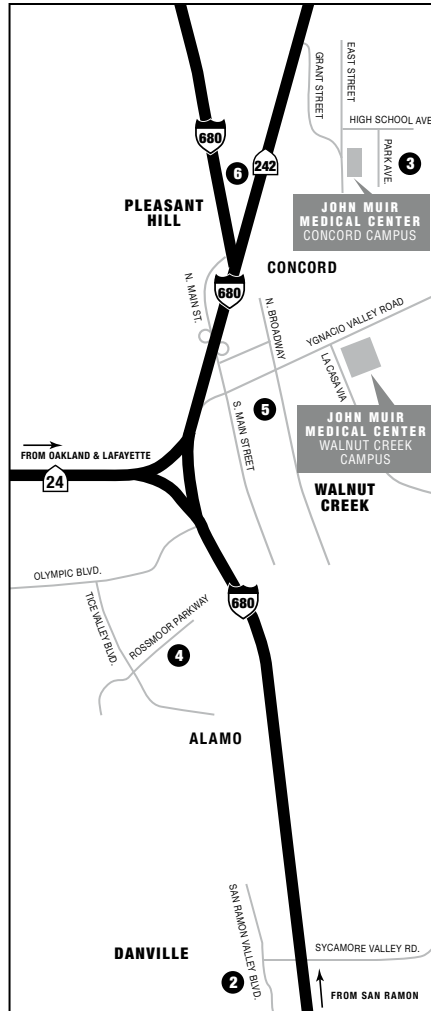
1981 N. Broadway
Walnut Creek, CA 94596
925-947-5300
Fax: 925-947-3262
Hand Therapy
925-947-3224
Fax: 925-952-2950

6) Health and Fitness Institute

2231 Galaxy Court
Concord, CA 94520
925-685-1779
Fax: 925-685-0171

Specialized Occupational Health Programs are offered at this site:

- Biofeedback
- Ergonomic Consultation
- Functional Capacity Assessments
- Job Risk Analysis
- Wellness and Prevention Programs
- Work hardening



To make an appointment or for directions to any of our facilities, please call the numbers listed above.

You may also visit our website at: johnmuirhealth.com for more information and directions.

JOHN MUIR PHYSICAL REHABILITATION SERVICES



John Muir Health is here to help you reach your maximum rehabilitative potential. Our outpatient therapy centers are fully equipped with exercise and conditioning equipment, private treatment rooms and programs designed to meet your individual needs.

Our professional staff is experienced in a variety of treatment approaches and pursues continuing education to stay informed of new developments in orthopedic and neurologic physical medicine. We provide the tools you need to actively participate in your recovery, including a home exercise program which is key to improving your condition.

HIGHLY QUALIFIED PROFESSIONALS

Each member of our team of specialists is licensed by the State of California.

Our staff includes:

- Physical Therapists
- Occupational Therapists
- Certified Hand Therapists
- Speech Pathologists
- Neuropsychologists
- Physical Therapist Assistants
- Occupational Therapist Assistants



DISTINCTIVE PROGRAMS AND SERVICES

We offer a full spectrum of services for adults and children. A prescription from your physician is required for you to receive therapy from us.

Therapy Programs are offered for:

- Arthritic Conditions
- Communication/Speech/Language Disorders
- Hand Injuries
- Head/Neck/Back Injuries
- Incontinence
- Memory Difficulties
- Neurological Disorders
- Orthopedic Injuries
- Pediatric Disorders
- Sports Injuries
- Swallowing Disorders
- Vestibular and Balance Disorders
- Voice Disorders

Assessments:

- Activities of Daily Living
- Balance
- Cognitive/Memory
- Community and Home Mobility
- Driving Skills
- Prosthetic Fitting/Training
- Wheelchair Assessment



Communication with Your Physician

Treatment is coordinated with your referring physician and your progress is reported on a regular basis.

Appointment Scheduling

John Muir Physical Rehabilitation Services are offered Monday through Friday. Appointment times vary by facility. We make every effort to schedule times that are convenient for you. Saturday appointments are available at our Walnut Creek location. Please remember to have your doctor's referral available when you call to make your appointment.

Financial Information

Health insurance policies cover most outpatient therapy services, but prior authorization is often needed before we can begin treatment. We will assist you in verifying your coverage, however, since plans change, you should be familiar with the benefits covered by your current insurance policy.

OTHER SPECIALIZED PROGRAMS

Adaptive Driving Program

Behind the wheel assessment and training for individuals with physical, visual, perceptual and cognitive deficits.

Back Class

Participants learn ways to protect their backs from injury while bending, lifting, carrying and reaching overhead, as well as when driving and sitting at a computer.

Balance/Vestibular Rehabilitation

Balance class is a group exercise program focusing on improving balance, strength and endurance to decrease fall risk. Vestibular rehab is individualized therapy used to decrease common vestibular symptoms such as dizziness, imbalance, vertigo, nausea, fuzzy vision, fatigue, and hearing problems.

Biofeedback

Treatment using computer monitoring of muscle tension, skin temperature and other physical signs to retrain movement patterns and decrease pain from repetitive strain and associated injuries. Biofeedback can also be used to treat chronic or migraine headaches, not associated with other disease processes.

Specialized Gait Training Program

Treatment using a suspension system of a frame and harness for patients who are unable to stand or walk with the use of a cane or walker. Patients are safely supported in an upright position to retrain standing posture and walking on a treadmill.

Hand and Upper Extremity Rehabilitation

Individualized, comprehensive upper extremity treatment for repetitive strain injuries, trauma, industrial injuries and general hand injuries and conditions. Our hand therapy team is led by skilled, certified hand therapists (CHTs).

Lymphedema Program

Treatment to reduce swelling of the arms or legs that may follow surgery or cancer treatment.

Pilates Classes

An exercise system to improve posture and body alignment by increasing strength, flexibility, balance, coordination and overall fitness. The classes are taught by certified instructors and require a physician clearance.

Pulmonary Rehabilitation

An educational and exercise program for patients with chronic lung disease.