



REHABILITATION & HOLISTIC HEALTH | 865 CENTRAL AVE, NEEDHAM, MA 02492 • 781-433-6440 • NORTHHILL.ORG

# Rehabilitation & Holistic Health

REVITALIZE, REBUILD AND RENEW WITH OUR COMPREHENSIVE  
APPROACH TO OUTPATIENT THERAPY



North Hill values diversity and inclusion. We welcome individuals of all backgrounds and beliefs, knowing that our community thrives when different perspectives come together in mutual respect and shared purpose.





# YOU. YOUR LIFE. YOUR HEALTH. YOUR COMPLETE RECOVERY

That's what we care about at North Hill Rehabilitation and Holistic Health. Here we know that healing means caring for mind, body and spirit, so that's what we do. Our team of trained, dedicated professionals has only one mission: to get you well.

We provide the personal one-on-one relationship you need to regain your independence. Our values of customer satisfaction, excellence and respect guide us as we guide you back to the life you love.

## CLIENT SATISFACTION

*"My legs are much stronger and my walking is more steady and balanced, even without my walker. I'm surprised at how much progress I've made, how positive I feel and how uplifted my spirits become after my routines with my physical therapy coach."*

## NORTH HILL REHABILITATION AND HOLISTIC HEALTH

### Therapy

We're here to pair you with a primary clinician who will work closely with you and your physician to help you achieve and maintain optimal health. Our Registered Therapists have extensive backgrounds in senior care and will work with your physician to ensure your needs are met at home.

Our experienced therapists specialize in a range of advanced clinical areas, including:

- Coordinated recovery from acute illness
- Disease management
- Post-surgical rehabilitation
- Disease symptom management
- Core Stix, a functional fitness device to help regain physical independence and balance
- LSVT LOUD therapy — provided by certified clinicians to help individuals with Parkinson's disease or other neurological conditions strengthen their voice
- LSVT BIG therapy — aimed at promoting larger, more purposeful movements and improving motor function in individuals with Parkinson's disease
- Vestibular rehabilitation — led by certified therapists to address balance issues, vertigo, and vestibular disorders
- Aquatic therapy
- Pelvic Floor Physical Therapy

Consistency is the hallmark of good care. That's why we provide a skilled therapist who will get to know you and your needs when treating a variety of medical conditions. Whether your rehabilitation order is from a doctor's office or following a hospital discharge we will design a personalized plan of care to optimize your recovery. We provide Physical Therapy to help you achieve the greatest possible level of physical function which will help you adapt as needed to your home environment and keep you safe. Our Speech Therapists will help with understanding language, swallowing problems, as well as articulation, voice disorders, fluency, and cognitive and communication impairment.

