Locations

Island Health Center Physical Therapy
310 Taughannock Blvd.
Ithaca, NY 14850
(607) 252-3500

Brentwood Physical Therapy
10 Brentwood Dr., Suite A
Ithaca, NY 14850
(607) 274-4159

Cortland Physical Therapy
Cortland Convenient Care Center
1129 Commons Ave.
Cortland, NY 13045
(607) 252-3500

cayugamed.org
Welcome to Physical Therapy at Cayuga Medical Center

With an experienced team of physical therapists and physical therapist assistants, Cayuga Medical Center continues as the area’s leader in physical therapy services. Our team has extensive training, expertise, and professional certifications that are unmatched in the Finger Lakes region.

We provide therapeutic and rehabilitation services for both our active and recuperating clientele of all ages.

Neurological Rehabilitation

Many millions of people in the United States suffer from some kind of degenerative neurological condition. This does not account for the millions more who have suffered mild to serious impairments and disability resulting from stroke and traumatic brain injury or those disabled by spinal cord injury (traumatic or otherwise). Damage to our complex nervous system can alter our lives in dramatic and profound ways and affect every aspect of our physical, social and emotional well-being.

Rehabilitation can help patients suffering from neurological degenerative disease processes, injury or various neuromuscular diseases to relearn skills that were lost when part of the brain or spinal cord was damaged. It also teaches new ways of performing tasks to circumvent or compensate for any residual disabilities.

Who is the program right for?
Here at Cayuga Medical Center we treat a wide range of neurological conditions including but not limited to:

- Stroke
- Spinal Cord Injury
- Traumatic brain injury
- Multiple Sclerosis
- Muscular Dystrophy
- Parkinson’s Disease
- Cerebral Palsy
- Neuropathy

What does this program offer?
Our experienced speech, occupational and physical therapists will develop an individualized program designed to enhance and restore your functional mobility and independence through:

- Therapeutic exercise addressing balance and proprioception retraining, gait/transfer and stair training, sensory-motor reintegration and coordination training, and functional and safety training
- Manual therapy techniques
- Patient and family education
- Adaptive equipment recommendation/ modification
- Goal oriented activities

What are the benefits?
- Improve current function and slow functional decline
- Learn strategies to compensate for deficits
- Restore independence and quality of life

Where is the service provided?
Cayuga Medical Center’s outpatient rehabilitation sites have therapists with a wealth of varied rehabilitation experience to meet your needs and help you realize your functional goals.

Does my insurance cover this?
Most insurance plans do cover physical therapy services. Check with your insurance company or the benefits manager at your place of employment to see if your policy covers physical therapy services and if a physician’s referral is required.

How do I get started?
To schedule an appointment with one of our physical therapists, or occupational or speech therapy, call our office at Brentwood Drive at (607)274-4159. At this time, the Island Health Center office (607) 252-3500 offers physical therapy only.