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.
The pediatric physical therapy program at Cayuga Medical Center provides specialized care for children, from infancy to 14 years of age, with neurological disorders or orthopedic and sports-related injuries. Our goal is to help children reach their maximum potential for functional independence. Our services include:

- Aquatherapy
- Developmental activities
- Strengthening
- Movement and mobility
- Tone management
- Motor learning
- Balance and coordination training
- Adaptation of daily care activities and routines
- Ordering and adapting equipment
- Orthotics and prosthetics as children grow
- Cardiopulmonary endurance
- Safety and prevention programs
- Use of assistive technology

The pediatric physical therapy program provides a high level of care for the children of our community.

Who is the program right for?
Pediatric physical therapy is prescribed for children with neurological disorders or orthopedic and sports-related injuries, including:

- Brain injury
- Cerebral palsy
- Cerebral vascular accident (stroke)
- Developmental delay
- Gait impairments
  - Idiopathic toe walking
  - In-toeing
- Neurological disorders
- Neuromuscular disorders
- Pervasive developmental delay
- Spinal cord injury
- Orthopedic injury
- Postural instability
- Sports-related injury
- Torticollis

Careful evaluation and program development by a pediatric physical therapist helps to ensure that each child will reach his or her fullest potential.

What are the benefits:
The specific goals of therapy are tailored for each patient. Successful progress toward therapeutic goals requires a collaborative effort among the therapist, child, and family. Pediatric physical therapy goals include improved:

- Strength
- Flexibility
- Balance and coordination
- Endurance, efficiency, and quality or movement
- Functional mobility

Where is the service provided?
Our pediatric physical therapists work with children at the Island Health Center, located at 310 Taughannock Blvd., at Ithaca’s West End and at our Brentwood Drive location, behind the Convenient Care Center.

Does my insurance cover this?
If your child has a medical diagnosis and a referral from your physician, most insurance plans cover physical therapy. Check with your insurance company or the benefits manager at your place of employment to see if your policy covers physical therapy services.

How do I get started?
Ask your child’s doctor about the pediatric therapy program to see if it’s right for your child. A physician’s referral and an initial physical therapy evaluation are required before beginning this program. Call (607) 252-3500 to schedule an appointment.