

TRANSITIONAL SERVICES

We stress to our patients the importance of continuing their rehabilitation after they have reached their physical therapy goals. North Shore Physical Therapy has multiple programs for patients of all ages to help maintain a healthy lifestyle to be actively engaged.

Home Exercise Program (part of your treatment and post-treatment plan)

During the last visit, our expert therapist will review the patient's individual home exercise program to ensure that the patient has a strong understanding of their exercises and ways to prevent future problems.

Virtual (ZOOM) Senior Exercise Classes North Shore Physical Therapy conducts resistive and non-resistive exercise classes at the Council of Aging Centers of Marblehead, Swampscott, and Salem. These classes are open to the general public and many of our senior patients are transitioned from physical therapy into one of these classes.

Virtual (ZOOM) and In-person Gentle Chair Yoga Class An intimate, safe, chair yoga class at North Shore Physical Therapy. This gentle yoga class is taught by Dr. Nancy DeMuth, a skilled physical therapist trained in yoga dance at Kripalu Yoga Center. She has over 30 years of expertise teaching yoga, dance, and movement to a variety of populations. Modified yoga poses, breathing, stretching, gentle therapeutic exercise, and meditation will be performed in a chair. Classes will be small to allow for individual supervision and support.

Wellness Program North Shore Physical Therapy in Marblehead now offers a WELLNESS PROGRAM in addition to the physical therapy services. The goal of the program is to establish a baseline of your musculoskeletal health and reduce the risk of future health problems by promoting a safe and healthy lifestyle. When you understand the risk factors that affect your long-term health and how your present health compares to peers of your age, you have a road map to live a long healthy lifestyle

Private Exercise Sessions

Patients take their rehabilitation to the next level during a private exercise session. The risk of re-injury is reduced as our instructors are Licensed Physical Therapists. Patients receive an individual program developed to meet their specific needs and advance their exercise level. **Aquatic Private Sessions** are currently available at the Peabody YMCA. Call Jonathan Weltler, PT, DPT at 978-896-6080 for more information.

Free Screens

North Shore Physical Therapy clinicians offer a free ½ hour assessment for individuals with Physical Therapy needs who have not yet been evaluated by a specialist and do not have a prescription for Physical therapy. Assessments include the following: Balance screen, ACL screen, Injury screen.