

PHYSICAL THERAPY SERVICES

1 Widger Road, Suite 105
Marblehead MA 01945
Phone: 781-631-8250
Fax: 781-639-2060

3 Centennial Drive, Suite 110
Peabody MA 01960
Phone: 978-896-6080
Fax: 978-826-5297

North Shore Physical Therapy Associates, Inc.

You always have the **RIGHT TO CHOOSE** us as your physical therapy provider

We have serviced the North Shore area since 1981

Are you in pain? Having difficulty moving? Looking for an alternative to surgery?

North Shore Physical Therapy is the place to resolve these problems

What makes North Shore Physical Therapy different?

- **Stringent COVID-19 protocols**
- **Private treatment rooms**
- **One-on-one care with no double-booking your scheduled time**
- **The same therapist manages your plan of care**
- Comprehensive evaluation
- Emphasis on patient education, exercises and manual therapy
- Access to Biller for insurance/payment questions

SERVICES

- **Vestibular Rehabilitation**
- **Dry Needling**
- **Thera-gun treatment**
- **E-visits** (by phone or online sessions)
- Orthopedic Physical Therapy
- Aquatic Physical Therapy – offered at the Peabody Y starting on 6/22/22
- Wellness Program
- Senior Exercise Classes (in-person and virtual)
- Private Exercise Sessions (individual and in bulk sessions available)
- Gentle Chair Yoga Class (basic and moderate levels on ZOOM)
- Therapeutic massage
- Manual Stretching
- Deep Heating Ultrasound
- Muscular Electrical Stimulation
- Free Initial Screening* is available, by appointment, for any condition you have not seen a medical specialist and do not have a diagnosis or prescription (*one free screening per condition) Our expert physical therapists utilize the most current evidence-based physical therapy treatments to design a personalized program to help you return to your active lifestyle. Our goal is to assist you to become pain free. We are confident that once you try our personalized **one-on-one** delivery of care, in our private comfortable environment, you will make North Shore Physical Therapy your first choice for your physical therapy and wellness needs.

We accept HSA (Health Savings Account) and FSA (Flexible Spending Account) at North Shore Physical Therapy)

We accept the following insurances: Medicare, BCBS, CIGNA with TUFTS and/or CARELINK logo on it only, Allways Health Partners, TUFTS, United Healthcare, Unicare/Commonwealth indemnity plan, Harvard Pilgrim, Network Health, AETNA/US Healthcare, Tri-Care, Major Carrier Networks, Worker's compensation and Auto liability plans. Please check if your insurance plan is accepted when calling to schedule your initial visit.

We do not accept the following insurances: Medicaid (MassHealth), CIGNA (unless it has the TUFTS logo on the card), Tufts Health Together (MassHealth MCO and ACPD plans), Boston Medical Center, Celticare, Health First, Fallon HC, Health Safety Net, Humana (unless it is your secondary insurance to Medicare or it is Medicare replacement PPO plan).

For your convenience, we accept CASH, PERSONAL CHECKS, ALL MAJOR CREDIT CARDS AND BENEFIT CARDS
PLEASE CONTACT YOUR INSURANCE PROVIDER PRIOR TO YOUR EVALUATION TO INQUIRE ABOUT YOUR OUTPATIENT PHYSICAL THERAPY BENEFITS. WE AS PROVIDER CAN ONLY PROVIDE AN ESTIMATED PAYMENT AMOUNT BASED ON YOUR INSURANCE PLAN BEFORE CLAIMS ARE PROCESSED.