



### Why Choose LAMC Physical Therapy?

The LAMC Physical Therapy Clinic is fortunate to have highly credentialed professionals with a wealth of experience in evaluation and treatment. We provide a positive and encouraging environment for our patients and an active, fun atmosphere. We are dedicated to providing the best possible care for our clients and the best possible outcome from therapy.

The Los Alamos Medical Center Physical Therapy Clinic is a recently renovated state-of-the-art facility located on the main floor of the hospital. The PT Clinic has a private entrance located just off West Road. The shared parking arrangement with the LANS Genome Building allows clients with handicap placards to easily park just a few steps from the clinic door.

### LAMC Physical Therapy Team

Christie Kelly, Carl Dickson, Mike Hoog, Lori Erickson, Rebecca Langenbrunner, Jane Mitchell, Amy Hsu, Kathryn Garcia, Maribeth Englert

**Monday – Thursday 7 a.m. – 5 p.m.,  
Friday 7:30 a.m. – 5 p.m.  
505.661.9494**

Accepting new patients



# Physical Therapy Clinic



# Physical Therapy Clinic At Los Alamos Medical Center



## What is a Physical Therapist?

The American Physical Therapy Association defines a Physical Therapist as a licensed health care professional who evaluates and treats people with a variety of health problems, which have resulted from traumatic injury or disease. Physical Therapists are trained to assess joint motion, flexibility, muscular strength, endurance, balance, and the performance of everyday and work related activities.

At the Los Alamos Physical Therapy (PT) Clinic, we know that PT is the cornerstone of the rehabilitation process. A patient recovering from surgery, stroke or an injury are just a few reasons for utilizing our PT services. Our physical therapists use training, exercises and physical manipulation of the body with the intent of restoring movement, balance and coordination.

## Can Physical Therapy Help You?

Almost everyone can benefit from a short course of Physical Therapy but patients with the following conditions typically respond the best:

- Sprains and strains
- Back and neck injuries
- Work related injuries
- Knee, shoulder and hip replacements
- Stroke and CVA
- Diabetic neuropathy
- Athletic or recreational injuries
- Carpal tunnel
- Motor vehicle accidents
- Tendonitis
- Fractures
- Dislocations
- Arthritis
- Gait and balance disorders
- Post-surgical weakness & stiffness
- Parkinson's Disease

## Physical Therapy Services

The following are just a few of the services that are available in The Los Alamos PT clinic:

**Orthopedic Injuries** – Injuries involving the neck, lower back, shoulders, knees and ankles, feet and hands.

**Work Related Injuries** – We've been helping injured workers in our clinic for the better part of 60 years. We will work with your physician and case manager to address your problems and to get you back to work as quickly and safely as possible.

**Neurological Therapy** – We also treat patients with a variety of neurological disorders such as Multiple Sclerosis, Parkinson's syndrome, Cerebral Palsy, Hemiplegia, Stroke and various types of gait and balance disorders.

**Pre- & Post-Surgical Therapy** – Our staff can provide you with a program of exercises prior to and after your surgery. Patients who participate in physical therapy prior to their surgery have been shown to have better surgical outcomes and quicker recovery times. Ask your physician if pre-surgical physical therapy is right for you.

**Sports Medicine** – We specialize in the prevention, assessment, and rehabilitation of athletic and recreational injuries. Our staff can draw upon a wealth of knowledge and experience to ensure your successful return to athletic competition.

**Weakness and Deconditioning** – Patients can often find themselves weak and out of shape following an extended illness, injury or surgery. Sometimes they find that they have difficulty walking and this often interferes with their daily or recreational activities. Our staff can work with you to overcome these difficulties and return you to your previous level of fitness.