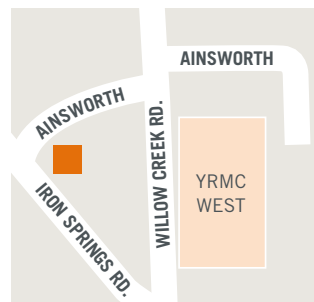




Our state-of-the-art environments feature the latest healing technology, including the **AlterG® Anti-Gravity Treadmill** available at our Wellness Center in Prescott.

Physical Rehabilitation at the
YRMC Wellness Center
1112 Iron Springs Road
Prescott, Arizona 86305
(928) 771-5131
DignityHealth.org/YRMC



Physical Rehabilitation at the
YRMC Del E. Webb Outpatient Center
3262 Windsong Drive
Prescott Valley, Arizona 86314
(928) 759-5940
DignityHealth.org/YRMC



The Distinct Advantages of Physical Rehabilitation

When illness, injury or natural processes such as aging and childbirth affect your ability to meet the physical demands of daily life, we can help. Our team of rehabilitation specialists will work closely with you to create an individualized treatment plan to deliver proven and effective care with a warm smile and a gentle touch. We never lose sight that it is our privilege to care for you and your comfort and peace of mind are always our primary concern.



Visit YRMCHealthConnect.org
Yavapai County's leading healthcare blog for health and wellness news from Dignity Health, Yavapai Regional Medical Center.

 **Dignity Health.**
Yavapai Regional Medical Center

Physical Rehabilitation Services

A stronger you with physical rehabilitation.

 **Dignity Health.**
Yavapai Regional Medical Center



Don't Settle for Anything Less than Dignity Health, Yavapai Regional Medical Center (YRMC)

When choosing a physical rehabilitation center for your care, make sure that you receive the personal attention and expertise you deserve.

At Dignity Health, YRMC, you will spend your full appointment with a trained and licensed therapist – not a therapy aide or technician.

Your YRMC therapist will work exclusively with you to instruct and guide you toward reaching your treatment goals – through the duration of your recovery.

We use proven outcome measures to evaluate and demonstrate your progress from the start of treatment to the completion of your therapy.



Our Expertise Includes:

Orthopedic Rehabilitation

- Sports and Injury Rehabilitation
- Total Joint Replacement Rehabilitation
- Hand Therapy and Customized Splinting

Neurological Rehabilitation

- Parkinson's Disease Interdisciplinary Care, Rehabilitation and Exercise Group Classes
- Stroke and Traumatic Brain Injury Rehabilitation
- Swallow and Voice Therapy
- Vestibular (Balance) Rehabilitation
- Daily Living and Self Care Skills

Occupational Medicine

- Back-to-Work Rehabilitation
- Functional Capacity Evaluations

Massage Therapy

- Individualized Therapeutic Massage

Women's Services

- Pregnancy and Post-Partum Rehabilitation
- Women's Continence Program
- Lymphedema and Edema Management
- Breast Surgery Recovery Program

Chronic Pain Education Classes

Hello humankindness®



Conveniently Located with Superior Service

Our therapists provide advanced care from state-of-the-art environments with convenient access and plenty of parking to get you in and out easily. We will

work closely with you to expedite the

scheduling process. In fact, we

see most patients within 72 hours

and can accommodate urgent

scheduling when necessary. We

can also help with any prior authorization that your health plan may require.



Physical Rehabilitation at the YRMC Wellness Center

1112 Iron Springs Road, Prescott
To schedule an appointment, please call **(928) 771-5131**.

Physical Rehabilitation at the YRMC Del E. Webb Outpatient Center
3262 Windsong Drive, Prescott Valley
To schedule an appointment, please call **(928) 759-5940**.