

# Indiana Total Therapy

specializes in getting you better.

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With four locations throughout the county, we offer a convenient one stop, professional environment for all of your rehabilitation and wellness needs.

## Compassion Expertise Results

Led by an experienced team of physical therapists, occupational therapists, speech therapists, and athletic trainers, we strive to deliver the highest quality of patient care possible.



### ITT West

2010 Shelly Drive  
Indiana, PA 15701  
(724) 349-2276

### ITT at the Human Motion Institute

120 IRMC Drive, Suite 120  
Indiana, PA 15701  
(724) 357-7068

### ITT Blairsville

25 Colony Boulevard  
Blairsville, PA 15717  
(724) 459-1770

### ITT Homer Center

2354 Route 119 South  
Homer Center, PA 15748  
(724) 479-2259

### Balance & Concussion Center at ITT West

2010 Shelly Drive  
Indiana, PA 15701  
(724) 349-2276

Call our Toll-Free number  
for additional questions:

**877.353.4704**



***For All of Your  
Rehabilitation Needs***



***We specialize  
in getting  
you better.***



## Physical Therapy

Physical therapy uses techniques such as manual therapy, therapeutic exercise, splinting, water therapy, adaptive equipment, and other physical and mechanical means to rehabilitate patients who have limited function due to disease, injury or disability. In addition to treatments, therapists also educate patients about injury prevention.

Physical therapists assist patients with sports and work-related injuries, sprains and strains, low back pain, post-op rehab, total joint rehab, and work conditioning.

## Occupational Therapy

Occupational therapy services are designed to prevent disability and improve patient function following an illness or injury. This type of therapy allows patients to re-adapt to work or other daily activities and achieve maximum independence.

Services include hand therapy, neurological therapy, arthritis therapy, cognitive testing & rehab, pre-drivers assessment, as well as back-to-work assessments.

## Speech Therapy

Speech therapists assess and treat swallowing, communication and cognitive deficits that are related to age or the result of illness or injury.

Area of expertise include language skills, stuttering, social communication, cognitive-linguistic skills, speech delays or disorders, assistive technology and swallowing disorders.

## Pediatric Therapy

The goal of pediatric therapy is to ensure that each child with special needs receives all of the services that they may benefit from in order to reach their full potential within their home, school, and social environments.

We treat children with autism, intellectual disabilities, spina bifida, cerebral palsy, as well as many other health and neurological conditions

## Lymphedema Therapy

Lymphedema is an abnormal buildup of lymph fluid that causes swelling most commonly in the arms and legs. During therapy, our specialist utilizes modified bandaging techniques along with massage and exercise to help move the fluid through the lymphatic system to drain properly after injury or disease.

## Women's Health

Women's health therapy focuses on treatment and education of stress, urge, or mixed urinary incontinence.

## Aquatic Therapy

Aquatic therapy is water-based exercises focusing on strengthening in a gravity-reduced environment to decrease stress on joints.



## Balance & Concussion Therapy

Balance therapy is a specialized and one-on-one treatment that focusses on individual needs to address fall prevention strategies, imbalance and evaluate the need for an assistive device. Patients are trained in weight-shifting strategies as well as ankle, hip, and stepping strategies in fall prevention.

Concussion therapy includes Impact Testing and SWAY Balance as well as treatment for post-concussion symptoms including dizziness, headaches, imbalance, convergence, and accommodative insufficiencies.

Vestibular therapy includes treatment for but not limited to BPPV, Meniere's, and vestibular hypofunctions.

