

Community Commitment

Many of the physicians and staff of Jefferson Regional Medical Center share something very important with our patients: a sense of community. Because many of our employees call the South Hills home, they have a personal dedication to providing their neighbors with the highest quality medical care.



Patient Privacy

We are committed to holding patient privacy in the highest regard at all times. No patient information is released without permission from the patient or their legal representative.



Questions About Your Bill

Any questions about payment of your bill can be directed online to: patientinquiry@jeffersonregional.com, or by calling us at 412-267-6462, Monday through Friday, from 8 a.m. to 4:30 p.m.



If you have any questions, or for more information, please call:

412-469-3456

About Us:

Main Campus: on Coal Valley Road near Century III Mall. Includes comprehensive inpatient and outpatient surgical services, and more than 40 specialties such as The Heart Institute, The Radiation Oncology Center, The Joint Care Center, The Women's Diagnostic Center, The Sleep Disorder Center, Physical Therapy, and Behavioral Health Care Services

Emergency: comprehensive Emergency Services, including stroke telemedicine and Quick Care,SM a dedicated area providing fast service for minor illnesses and injuries

Rooms: nearly every room in our 373-bed award-winning hospital is private

Outpatient Centers: in Baldwin, Belle Vernon, Bethel Park, Brentwood, Charleroi, Clairton, Pleasant Hills, Squirrel Hill, Uniontown and West Mifflin

Clinics: Walmart clinics operated by Jefferson Regional in West Mifflin and Belle Vernon for convenient, affordable, health care 7 days a week

Jefferson Regional Physical Therapy

Jefferson Regional Medical Center *
Bethel Park Campus
412-854-0190

Brentwood Professional Plaza
Brentwood
412-886-2727

Jefferson Regional Physical and Aquatic
Therapy Center *
Jefferson Hills
412-469-3456

Jefferson Regional Outpatient Services Center
Pleasant Hills
412-650-6511

* *Locations that offer Aquatic Therapy*

Additional locations are available for certain services. Please visit our website to see our full list of locations.

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Jefferson Regional Medical Center

Physical Therapy Services

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How We Can Help

For those recovering from a broken bone, nerve damage, muscle strain, or joint replacement, Jefferson Regional Medical Center's Physical Therapy Centers are a great choice for South Hills residents seeking individually-designed treatment close to home. Our centers are staffed with hospital-employed, full-time, licensed physical therapists and physical therapy assistants, offering treatment programs for patients of all ages.

Our centers feature up-to-date equipment for strength, balance, and endurance training, including stationary bikes, treadmills, and isokinetic and inertial equipment.

Think of us not only for back pain or orthopedic problems but also for neurological and balance issues. We can treat problems such as vertigo, Parkinson's disease, Multiple sclerosis and stroke. Our experienced staff will work closely with your physician to assist you in achieving your functional goals.

We make getting to and keeping your physical therapy sessions easy with several outpatient locations in the South Hills. Please see reverse for locations.



Our comprehensive Outpatient Therapy Services include:

- Individualized physical therapy assessments
- Therapeutic exercise to increase range of motion, muscle strength, balance, and endurance
- Therapeutic modalities
- Biofeedback training
- Joint and soft tissue mobilization
- Manual therapy techniques
- Lumbar stabilization training
- Self-management training and home exercise instruction
- Sports rehabilitation

— Aquatic Physical Therapy —

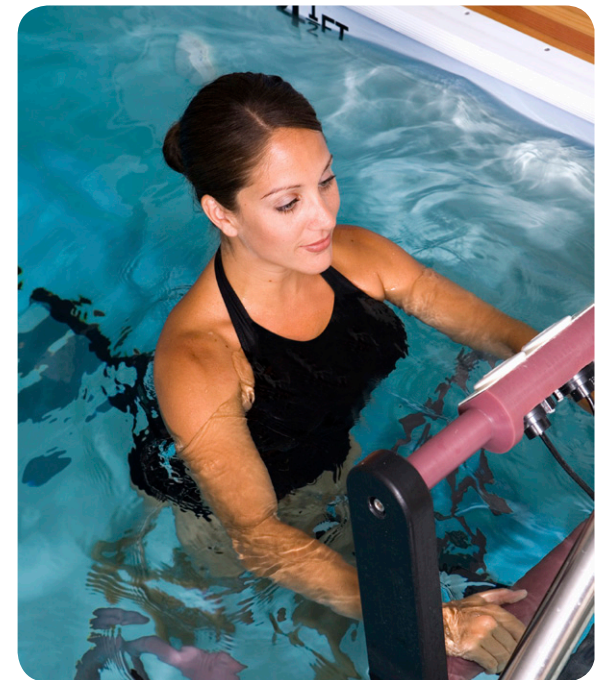
When land-based exercises are not possible because of disability and pain, Aquatic Therapy offers the unique healing benefits of water: a gentler, more beneficial environment in which to rapidly improve mobility, strength, and function.

Aquatic Physical Therapy is recommended for patients undergoing treatment for:

- Arthritis
- Fibromyalgia
- Injuries to the neck, shoulder, low back, knee, and ankle
- Rehabilitation after surgery
- Chronic pain
- Work-related injuries requiring rapid rehabilitation

Water supports the weight of the body, reduces joint stress and pain, and provides gentle resistance to rapidly promote strengthening and conditioning while reducing the risk of further injury. The relaxing sounds and warmth of the water can make Aquatic Therapy a more pleasurable patient experience.

Aquatic Therapy has been associated with a variety of beneficial outcomes, including improved circulation, strength, and endurance; increased range of motion and flexibility; decreases in swelling; and a faster return to normal activity.



We think of rehabilitation as a bridge or path to an active life, not a lifetime commitment. Jefferson Regional Physical Therapy Centers offer comprehensive outpatient physical therapy and Aquatic Therapy programs for patients of all ages. Most major insurance plans are accepted; a physician's referral is required.