

# Superior care and modern facilities

## lead to exceptional rehabilitation outcomes

**Getting expert rehabilitation and physical therapy can make all the difference in whether the road to recovery is rough and rocky or a smooth transition back to well being and fitness.**

**THIS IS WHY** Hallmark Health offers highly trained and experienced physical therapists and specialists as well as the most modern facilities and equipment to return patients to their highest level of functional independence at work, home or on the playing field. From joint replacement, to custom-fit orthotics to recovering from back or neck pain, surgery or sports injuries, Hallmark Health's Rehabilitation Services helps you get back on your feet and into action. We specialize in offering physical therapy, occupational therapy, speech language pathology, diabetes education and audiology. Each rehabilitation clinic also has a complete range of treatments and modern exercise equipment to help patients reach their maximum potential.

"There is a warm, family environment at all of our facilities," said Melissa Danoff Roberto DPT, MS, ATC, Director of Rehabilitation Services. "Our patients really get to know and trust their therapists as they recover. They also build friendships with their fellow patients as they work towards their recovery."

Hallmark Health's Rehabilitation Services are located throughout the community for ease of access. Patients can choose three convenient

outpatient sites: Lawrence Memorial Rehabilitation Services, 101 Main St., Suite 105, Medford; Melrose-Wakefield Rehabilitation Services, 22 Corey St., Melrose and Hallmark Health Medical Center Rehabilitation Services, 30 New Crossing Road, Reading. Every site offers convenient free parking and speedy appointments to meet the needs of your busy lifestyle.

The sites are staffed with highly trained, credentialed and experienced physical therapists, occupational therapists, athletic trainers, speech and language pathologists, diabetes educators, nurses, registered dietitians, audiologists and certified hand specialists. Using a team approach, Hallmark Health offers one-on-one individualized treatment plans that follow the most current evidence-based practice to ensure excellent results. **H**

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### **i** For more information

For more information on Rehabilitation Services, please call (781) 213-5140 or visit [www.hallmarkhealth.org](http://www.hallmarkhealth.org).

Kathleen Hannan, of Melrose, joined the Massachusetts Army National Guard when most people are deep in the trenches of mid-life careers. But she saw the world embroiled in frightening times and felt there were more important things to take care of than her accounting career. She wanted to do her part, so she enlisted.

"I always felt it was important to be physically fit and I've kept myself in top shape even before I enlisted," Hannan said.

Unfortunately, Hannan had an accident while in deployment training and landed awkwardly on her knee, which caused severe damage. She had surgery at Keller Army Community Hospital at West Point, NY.

"While I was recuperating, they told me I could go home as a part of the Community Based Warrior Transition Unit if I could find a top-notch rehabilitation center that met their exact criteria," Hannan added. "I got on the Internet and researched more than half a dozen facilities in north suburban Boston. I liked what I saw on the Hallmark Health website, especially the nearby parking. That's very important to a rehab patient. My doctors agreed and I was allowed to come home and get my therapy locally."

*"Hallmark Health is helping me reach my goals"*

Kathleen has been making excellent progress, gaining more range of motion and pain-free movement. She has returned to active duty and has even started running again.

"The facilities at 22 Corey St., Melrose are excellent and I have been especially impressed with the skill and knowledge of my physical therapist, Ashley Kiersted, DPT," Hannan said, "Ashley has been working closely with me to reach my goal of returning to serve our country."



Ashley Kiersted, DPT, works with Kathleen Hannan on her strength and balance.