



# Torrance Memorial Medical Center REHABILITATION SERVICES



## Orthopaedic Rehabilitation at TMMC

### Physical Therapy

The following orthopaedic diagnoses seen by our Physical Therapists include, but are not limited to:

- Shoulder injuries – post-surgical diagnoses, fractures, etc.
- Cervical / thoracic / lumbar spine injuries
- Low Back Pain
- Lower Extremity Injuries- knee / hip / ankle injuries, etc.

Several members of the Physical Therapy Team have participated in post professional year long orthopaedic courses. Our physical therapists specialize in manual hands-on therapy. Many of our team also work in the acute hospital, or TCU, as well as the outpatient department, and can easily recognize other medical issues that may impact an orthopaedic patient's therapy.

Equipment utilized is state of the art and includes

- The Triton Traction Unit
- Nautilus gym equipment
- Hoist equipment
- Sci Fit Gym equipment
- Parallel bars / stairs for gait training

Four private rooms are available for therapy procedures.

### Occupational Therapy

The following orthopaedic injuries are seen by our Occupational Therapists:

- Elbow injuries – fractures, medial and lateral epicondylitis, etc.
- Nerve entrapment syndromes
- Wrist injuries- fractures, carpal tunnel syndrome, tendinitis, etc.
- Hand injuries- finger fractures, trigger finger, post surgical diagnoses including tendon and nerve repairs, etc.

Several members of our Occupational Therapy team are also Certified Hand Therapists. This specialization requires extra study, a demanding test, and a commitment to continuing education with emphasis on the upper extremity.

Equipment includes but is not limited to:

- Splinting equipment for custom fabrication of static and dynamic splints.
- BTE Work Simulation Unit for strengthening
- Paraffin Bath and Fluidotherapy units for heat prior to joint mobilization.
- Edema management equipment
- Desensitization equipment
- Material for scar management

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Referral information- All evaluations and treatment are performed per a physician's order. Most insurance carriers require pre-authorization for outpatient evaluation.

Location: TMMC West Tower 5<sup>th</sup> floor

Information: (310) 517-4735

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