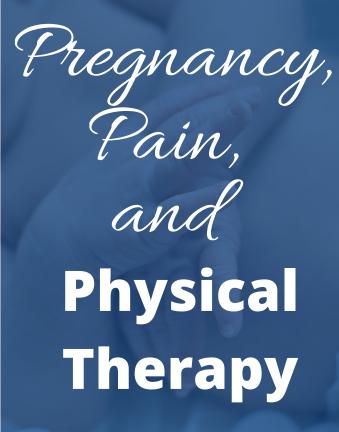
Punxsutawney
Area Hospital
Rehabilitation
..Department Hours.

Monday 7:00 a.m.- 5:00 p.m.
Tuesday 7:00 a.m. - 7:00 p.m.
Wednesday 7:00 a.m.- 5:00 p.m.
Thursday 7:30 a.m.- 7:00 p.m.
Friday 7:00 a.m.- 5:00 p.m.



Contact Us Today

Punxsutawney Area Hospital Rehabilitation Department 81 Hillcrest Drive Punxsutawney, PA 15767 814-938-1809 www.pah.org





814-938-1809 www.pah.org

Are you experiencing these signs and symptoms?

Low Blood Pressure
Sacroiliac Pain
Muscle Fatigue
Hip Pain
Foot Pain
Headaches/ Neck Pain
Diastasis Recti

What can cause pain during pregnancy?

Increased hormones causing ligament and joint laxity

Weight Gain

Postural Changes

Muscle Weakness/ Imbalance

Decreased Physical Activity

Pre-Existing Conditions

How can you benefit from Physical Therapy?

Therapeutic Exercise

- Strengthen Weak Postural Muscles
- Improve Muscle Imbalance
- Improve Function
- Postural Re-education

Body Mechanics

- Education for proper lifting
- Education for proper technique with functional transfers

Manual Therapy

- Assess and correct pelvic alignment
- Soft Tissue Massage to help alleviate muscle spasm/ muscular tightness

Your Physical Therapy Team

Shannon Byerly, PT, DPT

Glenn Martel, PT, DPT

Doug Covatch, PT, DPT, OCS

Frank Maganotti, PT, DPT

The results you want.

The care you deserve.

