**Richfield Living provides** personalized treatments for the following conditions:





- Joint stiffness
- Weakness and endurance issues
- Healing from a broken bone
- Muscle aches and strains
- Changes in swallowing
- Arthritis pain
- Lower back pain
- Lifting injuries
- Recovery from a fall





Richfield Outpatient Therapy is located in the Wellness Center on the Richfield Campus

540.444.3668

or email

outpatient@RichfieldLiving.com

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Richfield Wellness Center & **Outpatient Therapy Clinic** 3719 Knollridge Rd. | Salem, VA | 24153



# **Richfield Living Outpatient Therapy**

Helping individuals heal and regain their wellbeing and strength



LIVING

# Strength

#### Outpatient Therapy

Richfield offers outpatient therapy services to residents on our campus, as well as members of all ages and activity levels in the surrounding community. The experienced care team is ready to help you return to work, recreation, home and everything in between.

Our Outpatient Clinic is conveniently located on the first floor of the Richfield Wellness Center. Award-winning services are provided in partnership with Select Rehab, Inc.

Private treatment areas include a warm water therapy pool and a collection of strength/cardio equipment. Our goal is to help individuals to heal and regain their well-being after a specific injury, condition, or setback.

### Physical and Occupational Therapy

**Physical Therapy** is the physical rehabilitation of people recovering from injuries or disease. The goal is to help patients restore mobility, which can minimize the need for expensive surgeries or long-term reliance on medications. Physical therapists also teach patients how to prevent or manage their condition in order to attain longterm health benefits.

**Occupational Therapy** also considers the physical aspects of rehabilitation and motion, but is focused primarily on enabling the patient to engage in the meaningful activities of daily life. Therapists assist patients through therapeutic adaptations and modifications to their environments.



## **Speech Therapy**

Speech Therapy includes the assessment, diagnosis, treatment, and prevention of disorders related to speaking, swallowing, and communication.