

## REGAINING MOBILITY THROUGH REHABILITATION



“Following surgery at New London Hospital, I received Physical Therapy and Occupational Therapy. Patrick Laskowski and Matt Petrin helped get me moving. Tests revealed that I had Brown-Sequard syndrome, which is a rare spinal disorder that is usually caused by an injury to the spine in the region of the neck or back. Intensive inpatient therapy followed. When I returned home, I continued my rehab at the Newport Health Center. I had exercises to do every day and gradually saw improvements. I went from a wheelchair to a cane which I use mainly outdoors. The people who cared for me at the Newport Health Center played a big role in helping me improve. Patrick and Matt, along with Heidi Petrin, Frank Valente and Jeff Abrahamson, all worked with me and clearly answered all my questions. Under their care, I felt confident that I’d resume function to the full extent possible. I was very glad that I was able to receive such great care close to home.”

**PETE PERRY, NEWPORT, NH**

### **TWO CONVENIENT LOCATIONS:**

#### **NEW LONDON HOSPITAL SPORTS MEDICINE AND PHYSICAL REHABILITATION DEPARTMENT**

273 County Rd. • New London, NH 03257  
603-526-5256 • Fax: 603-526-5124

#### **NEWPORT HEALTH CENTER**

11 John Stark Highway • Newport, NH 03773  
603-863-8936 • Fax: 603-863-1058

### **DIRECTIONS TO NEW LONDON HOSPITAL:**

#### **FROM THE NORTH OR SOUTH:**

Take Interstate 89 to Exit 12. From the north, take a left off the exit ramp. From the south, take a right. Follow this road (Newport Road) approximately two miles to the round-about. Take the first exit onto County Road. New London Hospital is just up the street on the left.

#### **FROM THE EAST:**

Follow Route 11 through Wilmot into New London, and turn right onto Route 114 North. Follow Route 114/ Main Street approximately 1 1/2 miles, at which point it makes a sharp left and becomes Newport Road. Continue on to the round-about, and take the third exit onto County Road. New London Hospital is just up the street on the left.

#### **FROM THE WEST:**

Follow Route 11 through Sunapee and Georges Mills until it joins Interstate 89. Continue straight under the overpass, and follow this road (Newport Road) approximately two miles to the round-about. Take the first exit onto County Road. New London Hospital is just up the street on the left.

### **DIRECTIONS TO NEWPORT HEALTH CENTER:**

#### **DIRECTIONS FROM BRADFORD, NEWBURY, SUNAPEE:**

Take Route 103 West to the center of Newport, around the rotary and to the left on Route(s) 103 & 10. Bear right at the traffic lights. One-half mile down on the right is Newport Shopping Plaza.

#### **FROM CROYDON AND GRANTHAM:**

Take Route 10 South to the traffic lights in Newport. Bear right at the traffic lights. One-half mile down on the right is Newport Shopping Plaza.

#### **FROM GOSHEN, LEMPSTER, AND WASHINGTON:**

Take Route 10 North to the traffic lights in Newport. Bear left at the traffic lights. One-half mile down on the right is Newport Shopping Plaza.

## SPORTS MEDICINE AND PHYSICAL REHABILITATION CENTER



**NEW LONDON  
HOSPITAL**

[www.newlondonhospital.org](http://www.newlondonhospital.org)



**PETER NOORDSIJ, MD**  
Orthopedic Surgeon  
Medical Director

*“The breadth and scope of services we provide is constantly expanding.*

*We are able to assist athletes struggling to return to their sports. Also, we provide comprehensive programs for people recovering from joint replacement surgery or hip fracture repair. The feedback I get from my own patients is extremely positive.”*



## **SPORTS MEDICINE AND PHYSICAL REHABILITATION CENTER**

provides a wide range of services in coordination with other programs in the Lake Sunapee region. We work closely with regional surgeons and physicians to ensure that patients have individually tailored treatment plans specific to their personal needs.

Our services and innovative programs are for people of all ages with a wide variety of conditions. We offer state-of-the-art therapy and specialized services. After initial evaluation, specific plans are developed based on each patient's individual needs. Throughout the therapy sessions, we remain in contact with the referring provider, documenting the patient's progress and maintaining a personalized approach that is important to recovery.

Our highly qualified therapy team provides evidence-based services throughout the continuum of care. Many members of our team have been providing therapy services for over ten years. We encourage the pursuit of advanced degrees or certifications, particularly the achievement of a doctorate of physical therapy. Each member of our team has specialized interests in a particular area of therapy. Our sub-specialists have specific training in the areas of incontinence, hand therapy, orthotics, lumbar sacro-iliac treatment, ergonomics, and Functional Capacity Evaluations.



## **INPATIENT AND OUTPATIENT SERVICES INCLUDE:**

- Sports medicine clinic
- Athletic trainer
- Aquatic therapy
- Physical therapy
- Occupational therapy
- Speech therapy (language & swallowing disorders)
- Orthopedics
- Neurological disorders treatment
- Splint fabrications
- Manual lymph drainage
- Incontinence program
- Upper extremity rehabilitation
- Arthritis treatment
- Treatment of back and neck disorders
- Post surgical therapy
- Orthotic fabrications (temporary & permanent)
- Ergonomic assessments
- Gait disturbance evaluation
- Functional Capacity Evaluations
- Acute inpatient and skilled therapy

