Therapy & Sports Medicine at the Berger Health and Wellness Center

The therapy and sports medicine team you’ve come to know and trust is here for your therapeutic needs.

1280 North Court Street Circleville OH 43113  |  (740) 420-8243
Pediatric Therapy

Specialized therapy for the little ones in your life.

Our facility offers many pediatric services including: physical therapy, occupational therapy and speech therapy. Our trusted staff members provide one-on-one interaction with individualized treatments to cater to your child’s specific needs.

Therapy components include:
- Gaining age
- Appropriate motor skills
- Improving gait
- Addressing low or high tone
- Recovering lost skills.
- Onsite school physical therapy
- Fine motor skills
- Object manipulation
- Feeding and swallowing

Physical Therapy

Physical therapy should be a key part of your recovery from an illness or injury if you want to receive the best results. The strides you’ll make in therapy are deeply dependent on the skills and expertise of the physical therapists who work with you—and the ability of that program to help you reach your goals.

We can provide you with individualized physical therapy programs built around your needs and goals. Your care will be delivered by our coordinated, innovative and highly qualified team that is dedicated to delivering excellent care to each and every patient.
Neurological Rehabilitation

At Berger Health System, we offer one-on-one and group care to meet your neurological needs. We have many different therapy programs that are specifically tailored to you.

Specialized treatments and programs include:

- Stroke rehabilitation
- Parkinson’s programs
  - Delay the Disease
  - LSVT - BIG program™
- Multiple sclerosis
- Traumatic brain injuries
- Vertigo
- Concussion management
- Support groups

Athletic Training Services

Specialized in the prevention and rehabilitation of injuries resulting from physical activity, our team of athletic trainers provide onsite services at all Pickaway County schools and Ohio Christian University. When injuries occur, our team of highly skilled professionals work with athletes, coaches, physical therapists, physicians and healthcare professionals to coordinate care focused on getting athletes get back to the play.

Athletic training services provide a wide range of prevention, performance and sport services such as:

- Injury prevention & education
- IMPACT testing and return to play protocols
- Sport physicals
- Sport specific training and clinics
- Power Yoga Series
- “Pro day” sports performance program
- Athletic Edge sports performance program
- Emergency care & sport rehabilitation
- ACL rehabilitation
- Nutrition and hydration education
Occupational Therapy

Tying your shoes, driving to work, or caring for a pet — these are common, routine activities of daily living. And they can be hard to accomplish when you’re dealing with an injury, illness or disability, either mental or physical.

The occupational therapy team at Berger can help. We specialize in developing individualized plans that can help you keep moving forward, despite your condition.

Occupational therapy services include but are not limited to:
- Carpal/cubital tunnel
- Fractures of the elbow, forearm, wrist, hand or fingers
- Tendon/ligament strain or tear
- Shoulder therapy
- Arthritis
- Muscle weakness
- Stroke or brain injury
- Myofascial release treatment

Orthopedic and Joint Care

Orthopedic issues can impact everyone. Our therapists specialize in treating all bone, joint, tendon, ligament, muscle and connective tissues injuries and impairments. When you are hurt, you can trust the Berger Therapy and Sports Medicine team to help improve your pain and get you back to activity.

Orthopedic and joint care therapy services include:
- Sports injuries and related surgeries
- Sprains and strains
- Spine therapy
- Postural awareness
- Joint replacements
- Pain management
- Amputee therapy
- Degenerative conditions
- Pre and post surgical care
Vestibular Rehabilitation

Years of experience, compassion and continued training is what makes our vestibular rehabilitation program exceptional. Individuals that suffer with dizziness, vertigo or balance deficits have been able to overcome many obstacles through our rehabilitation treatment and care.

**Therapy components include:**
- Epley Maneuver for BPPV
- Fall Prevention
- Post concussion
- Balance training
- Habituation exercises
- Vertigo

Sports Medicine & Rehabilitation

Berger Health System's teamwork on the field and in our departments is what allows us to provide outstanding care to our community. Our sports medicine team is comprised of highly educated athletic trainers, physical therapists, orthopedic surgeons and sports medicine doctors.

**Our team offers:**
- Same day x-ray & clinical evaluations
- Sport specific performance enhancing programs
- Kinesio Taping Method
- Integrated dry needing (IDN)
- Certified strength and conditioning specialists (CSCS)
- ACL prevention and rehabilitation
- Concussion care team
- Sport physical therapy
Lymphedema & Hand Therapy

We provide lymphedema treatments and education in order to help alleviate pain and swelling so that you can regain your independence. Our therapists have received cutting-edge training and are dedicated to improving your health. If you do not have proper functionality in your hands whether it is from a surgical operation, disability, arthritis or neurological condition - we can help.

Treatment primarily consists of:
• Compression bandages
• Compression garments
• Lymphatic exercises & cancer care
• Self massage
• Compression pump
• Skin care

Speech Therapy

Speech and language disorders can affect people of all ages. Stuttering, delayed language, voice problems and swallowing disorders can hinder an individual’s ability to learn, interact and communicate with others. Our speech pathologists offer specialized therapy on both an inpatient and outpatient basis.

Our speech therapy team provides services to both adults and pediatric populations:
• Memory
• Attention
• Problem-solving
• Swallowing and feeding
• Voice
• Speech clarity
• Grammar
• Building sentences
• Word-finding
• Stuttering