

Spaulding Quincy Factsheet

Opened: August 2015
Location: Quincy South Shore YMCA, second floor
Phone: 617-952-6990
Parking: Free parking
Hours: Monday – Thursday: 7:30am – 7pm
Fri: 7:30 am – 4pm
Insurance: Most health insurances accepted

Rehab Staff:

Physical Therapists	7
Massage Therapist	1

Specialty Programs:

- Amputation Therapy
- Aquatic Therapy
- Arthritis Management
- Back/Neck pain
- Balance and Fall Prevention
- Concussion Management
- Healthy Running Program
- Kinesio Tape
- Live Long Walk Strong
- Massage Therapy
- Neurological/Stroke Rehabilitation
- Orthopedic Rehabilitation
- Post-Operative Rehabilitation
- Spine Care and Conditioning
- Spinal Cord Rehabilitation
- Sports Injury Rehabilitation
- Vestibular Rehabilitation

What sets us apart?

- Our physical therapists have special training and certifications, including a PT who is a Certified Exercise Expert for the Aging Adult, and others who have advanced training in Kinesiotaping, Spinal Cord Rehabilitation and Burdenko aquatic therapy.
- We provide physical therapy services for the New England Revolution.
- We provide individualized, one on one clinical care for each patient, and have access to the state of the art equipment at the newly renovated YMCA in Quincy.
- We work closely with the personal trainers at the YMCA to ensure our patients have a smooth transition back to or to begin a regular gym routine after therapy.
- We have an active student program (Simmons, MGH-IHP, Northeastern)
- We document in EPIC, increasing ease of communication between providers.
- Several of our PT's are teaching assistants for area PT programs.