

# Services

## Physical Therapy

Physical therapists at Cottage Rehabilitation & Sports Medicine are specially trained and licensed to care for people of all ages who have injuries or conditions that limit their ability to move freely and perform the normal daily activities of their lives.

We conduct a thorough evaluation of each patient to diagnose the source of their pain and then develop an individualized treatment plan to reduce their pain and restore their function. Our goal, through therapy and education, is also to assist our patients from sustaining recurring injuries.

We work with patients in a variety of settings, from our outpatient clinics to hospitals and nursing homes throughout central Illinois. In some areas, we also handle contracts for home health care.