

### What To Expect...

The treatment program is based on certain basic principles: reduce pain, improve range of motion, increase strength/endurance, and promote quick return to daily function.

TheraCare Physical Therapy utilizes a comprehensive rehabilitation approach that integrates exercise, patient education, and various modalities (moist heat, ultrasound, electrical stimulation, whirlpool, paraffin) as determined by the supervising physical therapist.

Exercise is creatively incorporated in the treatment plan to increase ease of movement, blood flow, strength, and endurance in the injured area and surrounding tissues.

We believe patient education is the key to success of the overall treatment plan. Preparation to be independent with the home program begins the first day, and continues throughout therapy. The importance of the home program CANNOT be overemphasized to promote long term solutions.

***Patients are invited to continue their exercise program independently at TheraCare Physical Therapy, after completion of plan of care, at NO COST to the patient or insurance provider.***

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***All practicing physical therapists and assistants must be licensed by the State of Ohio. A referral may be made by a licensed physician, dentist, podiatrist, chiropractor, or nurse practitioner.***

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### Location

TheraCare Physical Therapy, New Albany, is located in the New Albany Professional Building at 153 West Main Street (next to Village Hall).



### Hours of Operation

Monday - Friday	7am-7pm
Saturday	7am-12pm

### Contact Numbers

Phone: (614) 855-0700  
Toll free: 1-800-233-1988 (Gahanna)  
Fax: (614) 855-5750

### Other TheraCare Locations:

- Gahanna (614) 471-0036
- Pataskala (740) 964-6191
- Springfield (937) 322-8151

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# TheraCare

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## Physical Therapy

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[www.theracarept.com](http://www.theracarept.com)



153 W. Main Street

- **Orthopaedic Physical Therapy**
- **Sports Physical Therapy**
- **Transitional Work**
- **Work Conditioning**
- **Functional Capacity Evaluations**
- **Wellness Screening**
- **Fitness Programs**
- **Soft Tissue Mobilization**

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New Albany Professional Building  
153 West Main Street, Suite 101  
New Albany, Ohio 43054

(614) 855-0700 Fax: (614) 855-5750  
1-800-233-1988

e-mail: [info@theracarept.com](mailto:info@theracarept.com)

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## About

### TheraCare Physical Therapy ...

TheraCare Physical Therapy began treating patients in June 1988. This private practice presently serves the areas of Gahanna, New Albany, Pataskala and Springfield.

#### Our Philosophy

***“To provide unparalleled quality physical therapy care with respect to all patients and physicians.”***

#### Physical Therapy Defined ...

Physical therapy is dedicated to the prevention and identification of disorders that involve muscles, bones, ligaments, and tendons. Physical therapists help to alleviate acute or chronic dysfunction of movement and can often prevent permanent damage and pain which may be caused by a congenital condition, injury, years of postural imbalance, or part of the normal aging process.

The neglect of a deteriorating joint may lead to a lifelong disability or complete loss of function.

The physical therapist is an integral member of the total health care team; trained to improve movement and function, relieve pain, and expand mobility potential. Through evaluation and programs of treatment, physical therapists can help existing problems and provide preventative health care for people with a variety of needs.

## Your Physical Therapists ...



### Timothy A. Carr

is the president and director of TheraCare, Inc. He is a licensed physical therapist in the State of Ohio and Minnesota. In addition, Mr. Carr is a Certified Weight Trainer, an Accredited Transitional Work Developer for Ohio BWC, and a retired athletic trainer.

Mr. Carr was certified as an Athletic Trainer in 1978. He has

practiced physical therapy as a licensed professional since 1979. His practice specialization includes management and treatment of onsite Workers' Compensation cases. His primary specialization is in Orthopaedic and Sports Medicine cases. He has worked with athletes on the high school, small college, and recreational levels. Mr. Carr has a special interest in urinary and bowel incontinence along with other problems of the pelvic floor. He has developed fitness/exercise programs for cancer patients to promote stability and strength during and after treatment regimens.

Mr. Carr received his Master of Arts degree from St. Mary's College in Health and Human Services Administration. His athletic training background came from Ohio University. He received his physical therapy certificate from The Mayo Clinic School of Health Related Sciences in Rochester, Minnesota.



### Michelle Harkness

is the vice president of TheraCare, Inc. and is a licensed physical therapist in the State of Ohio. Additionally, Ms. Harkness is an Accredited Transitional Work Developer for the Ohio BWC, a Certified Weight Trainer, and a Certified Ergonomic Assessment Specialist.

Ms. Harkness received a Bachelor of Science in Biology from Muskingum College in New Concord, Ohio where she also played varsity basketball and earned National Runner-Up status. She then received her Bachelor of Allied Health Professions from Ohio State University, where she also obtained her physical therapy certification.

During her time at Ohio State, Ms. Harkness participated in research related to spinal cord injury. Ms. Harkness is also a recreational sports enthusiast which enhances her skill in sports related patient care. She has practiced physical therapy since 1995 and has continued to expand her knowledge through continuing education courses on various orthopaedic, sports medicine, industrial rehabilitation, geriatric, and women's health topics.

## Direct Access

Ohio passed the “Direct Access to Physical Therapy” legislation in 2004. This allows individuals to pursue physical therapy care from a licensed Physical Therapist *without* a physician referral. There are currently 39 states with direct access to physical therapy. Direct access encourages preventative care and helps those with chronic conditions to avoid the extra costs and time involved with obtaining a referral. In addition, studies suggest that immediate care for most musculoskeletal injuries can reduce healing time.

Insurance coverage for physical therapy without a referral may be available from your insurance provider. You should call your insurance provider and ask them what your policy covers in terms of direct access. Medicare, Medicaid, and BWC do not currently cover physical therapy without a physician referral.

### What Makes TheraCare Physical Therapy Unique:

1. Same day or next day appointments **always** available.
2. **FREE** use of exercise equipment after completion of therapy.
3. Extended hours of treatment for greater convenience.
4. Staff consists of licensed physical therapist, physical therapist assistant, and athletic trainer for complete orthopaedic and sports medicine specialty care.
5. We foster a trusting relationship between the physician and physical therapy team to reduce confusion among caregivers and ensure the greatest continuity of care.
6. We promote independence and control throughout your time in therapy. We strongly believe in patient education regarding your condition, and provide you with a complete rationale behind each intervention.