

Rehabilitation Services



Stony Brook
Southampton Hospital

- **Acute Care Rehabilitation**
- **Cardiopulmonary Rehab**
- **Functional Fitness**
- **Lymphedema Therapy**
- **Massage Therapy**
- **Occupational Therapy**
- **Speech Therapy**
- **Sports Rehabilitation**
- **Vestibular Rehabilitation**

The outpatient physical therapy department provides treatment to patients diagnosed with orthopedic, neurological, medical, and vestibular disorders. Our therapists are highly qualified, many with doctorate level training as well as advanced training in manual therapy and certifications in vestibular rehabilitation, lymphedema therapy, and strength and conditioning. They have the expertise to eliminate or lessen pain and restore function following injury, surgery, joint replacement, stroke, and other related dysfunctions. Our locations are handicap accessible and safe for all levels of mobility.





Our goal is to speed
recuperation by providing
the highest quality skilled
rehabilitation, tailored to
your needs, in a caring,
supportive environment.



Acute Care Rehabilitation

Your physician may prescribe in-patient rehabilitation following total joint replacement, orthopedic surgery, stroke, or an illness that impacts your physical mobility. Physical therapy, occupational therapy, and speech therapy are available to help patients improve function, self-care, and strength in preparation for returning home.

(631) 726.8520

Cardiopulmonary Rehab

We provide individualized treatments for patients who have suffered a heart attack, have had open-heart surgery for valve or vessel repair/replacement, or have had angioplasty or stenting. The comprehensive lifestyle modification program safely gets patients back to a higher level of function through exercise, weight training, stress management, and nutritional counseling. Each patient is monitored via a telemetry (heart monitoring) system.

(631) 726-8620

Lymphedema Therapy

Trained and certified therapists provide complete decongestive physiotherapy, the most effective practical treatment for lymphedema. This therapy involves manual lymphatic drainage, compressive bandaging, exercise, and patient education. Treatment ranges from two to six weeks, followed by a home maintenance program.

(631) 726-8520

Our therapies help
patients improve
function and strength,
and return home.

Massage Therapy

Our program includes medical massage, sports massage, pregnancy massage and massage for the cancer patient, as well as Reiki/Healing Touch, foot reflexology, cranial sacral therapy, and lymphedema therapy. Massage therapy reduces inflammation, fluid retention and muscle stiffness, increases flexibility, promotes healing and relieves tension. Our professional staff of licensed massage therapists is fully certified in a variety of massage techniques. Typical treatments last for 30 minutes to one hour and are offered in private massage therapy rooms.

(631) 726-8800

Hampton Bays (631) 728-WELL

Westhampton Beach (631) 288-7767



Trust and teamwork
ultimately result in
our patients achieving
independence.





A variety of treatment modalities are customized for patients of all ages.

Occupational and Hand Therapy

Licensed occupational therapists specialize in the treatment of patients with a variety of diagnoses including arthritis, upper extremity and hand injury, and stroke. The goal is to assist patients in achieving independence through the use of exercise, splinting modalities, and patient education. Services offered include: hand therapy/upper extremity orthopedic rehabilitation, neurological rehabilitation, and general medical/surgical physical rehabilitation for patients of all ages. Treatment may include customized orthotic fabrication, therapeutic exercise and manual therapy techniques, adaptive equipment training, cognitive and visual perceptual rehabilitation, and retraining for daily activities.

(631) 726-8520

Physical Therapy

Experienced therapists work with patients diagnosed with a variety of orthopedic, neurological, and medical diagnoses to eliminate pain and restore function following injuries, surgery, joint replacement, stroke, and a variety of medical conditions. Specially trained therapists provide lymphedema therapy and vestibular rehabilitation.

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Westhampton Beach (631) 288-7767



Pulmonary Rehabilitation

Patients suffering from chronic pulmonary diseases such as COPD, emphysema, asbestosis, lung transplant, and lung cancer may benefit from rehabilitation. The goal of this therapy is to enhance the ability to perform daily activities through exercises that retrain breathing and strengthen the respiratory muscles. Oxygen monitoring is provided.

(631) 726-8620

Functional Fitness

A wellness program available to seniors 55+ years old, Functional Fitness offers a combination of aerobic exercise with strength, balance, and flexibility training. Supervised by Physical Therapy staff, this program is ideal for seniors who want to maintain an active lifestyle.

(631) 726-8520



Speech, Swallowing and Voice Disorders

Our speech/language pathologists work in partnership with the patient's physician and other health care professionals to provide comprehensive diagnostic and treatment programs for adults and children who are experiencing speech, swallowing, cognitive and voice difficulties. These conditions often develop as a result of stroke, Parkinson's disease, head trauma, and other neuromuscular disorders, as well as head and neck cancer, and developmental delay in children. Voice evaluation and therapy are also available for professionals such as singers, teachers, and actors. State-of-the-art technology is used, including Surface Electromyography (SEMG), Visi-Pitch™, and VitalStim® Therapy to help the person experiencing the effects of a neurological disorder to regain their ability to communicate and/or swallow safely. The young child who is delayed in their development can develop improved speech and language ability.

(631) 849-6499

Sports Rehabilitation

Our highly qualified physical therapists, massage therapists, exercise physiologists and athletic trainers work in partnership with patients to eliminate the pain and impairment caused by sprain, strain, herniated disc, and recent surgery. Areas of specialization include neck and back, as well as management of injuries.

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Westhampton Beach (631) 288-7767

Vestibular Rehabilitation

Proper functioning of the vestibular system, one of the three systems that help to control equilibrium and stability, is critical for good balance. Disease or injury to the vestibular system can cause dizziness, vertigo, nausea and poor balance. Through proper diagnosis and treatment, symptoms can be reduced and patients can regain the confidence to safely resume daily activities without fear of falling.

(631) 726-8520



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Westhampton Sports Rehab

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Stony Brook Medicine

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