

Appointments and Insurance

ARTS has offices in Wheaton, Rockville and Chevy Chase, MD, and in Northwest Washington, DC. Please see the maps on the back of this brochure to find the office nearest you.

ARTS participates with numerous insurance plans, including Medicare. When you call to schedule an appointment, the receptionist will ask for your insurance information and will advise you as to our participation status with your carrier. When you come for your scheduled appointment, please be sure to bring your insurance card and your physician's referral for physical therapy.

Locations

2730 University Boulevard West, Suite 714
Wheaton, MD 20902

301.942.2520

*(Westfield North Building adjacent to
Westfield Shoppingtown Wheaton)*

14995 Shady Grove Road, Suite 260
Rockville, MD 20850

301.929.4125

(across the street from Shady Grove Adventist Hospital)

5454 Wisconsin Avenue, Suite 600
Chevy Chase, MD 20815

240.482.3680

(close to Friendship Heights Metro Station)

2021 K Street, NW, Suite 310
Washington, DC 20006

202.293.9412

(close to Farragut North Metro Station)

www.washingtonarthritis.com

*Arthritis and Rehabilitation Therapy Services
is a Division of Arthritis and Rheumatism Associates, P.C.*

ARTHRITIS & REHABILITATION THERAPY SERVICES OFFICE LOCATIONS:



(MAPS NOT DRAWN TO SCALE)

ARTHRITIS & REHABILITATION THERAPY SERVICES



*Specializing
in Hands-on
Techniques and
Comprehensive,
Personalized
Programs to
Minimize Pain
and Maximize
Function*

ARTHRITIS & REHABILITATION THERAPY SERVICES

Arthritis & Rehabilitation Therapy Services (ARTS) is an established physical therapy practice with special expertise in the treatment of rheumatic and neurological disorders, along with orthopedic conditions and syndromes. Our licensed therapists believe in a hands-on approach to therapy that assists patients in minimizing pain and achieving their fullest physical capabilities. Our personalized approach to treatment, delivered in a caring environment, attracts patients with a wide range of therapeutic needs.

Individualized Treatment Provided by Our Therapy Team

ARTS therapists work with board-certified rheumatologists, orthopedists, neurologists and other physicians to develop individualized treatment plans designed to increase patient comfort, function and safety. Each plan has measurable outcomes for monitoring progress and includes patient education and home care programs to maximize patient independence.

Initial Evaluation

During an initial evaluation, therapists gather important information about the patient's specific disease or disorder, general health and their home and work environment. Based on the results of the evaluation, physician's recommendations and available medical records, our licensed physical therapists develop a comprehensive plan that treats the whole person and supports other adjunct treatments that might be underway.

Special Rehabilitation Programs

ARTS specializes in rehabilitation programs and protocols for the diseases and disorders listed below. Patient and family education, along with instructions for expanding the benefits of therapy through home exercise, are integral parts of all ARTS rehabilitation programs. Of special note are our osteoporosis, joint protection/arthritis prevention, ergonomics and fibromyalgia programs.

- Arthritis
- Osteoporosis
- Fibromyalgia
- Ankylosing Spondylitis
- Adhesive Capsulitis
- Thoracic outlet
- Parkinson's disease

- Ambulation evaluation and restoration
- Ergonomic instruction
- ADL evaluation
- Work-related injuries
- Fall prevention
- Orthopedic diagnoses
- Neurological diagnoses
- Balance disorders
- Adaptive equipment instruction
- Post-surgical intervention
- Deconditioning
- Postural abnormality
- Soft tissue abnormality
- Joint protection instruction
- Individualized home exercise program
- Caregiver training

Hands-on Techniques and Modalities

Physical therapists use a variety of techniques and interventions, also referred to as modalities, to treat musculoskeletal problems and to resolve pain. Many diseases and disorders, especially those that cause pain, benefit greatly from therapeutic exercise programs and the use of advanced, hands-on techniques. All ARTS therapists are highly skilled in these interventions, which they use in combination with other basic modalities as described below.

- Hot/cold pack
- Ultrasound / Phonophoresis
- Paraffin
- Cervical traction
- Pelvic traction
- Patellofemoral taping
- Soft tissue mobilization
- Myofascial release
- Joint mobilization
- Biofeedback
- TENS
- Electrical Stimulation
- Iontophoresis