

Outpatient Rehabilitation

at Tully Health Center



Rehabilitation is the art and science of helping people with disabling conditions to lead full, active lives and regain independence. Stamford Hospital's Outpatient Rehabilitation Department at Tully Health Center serves a wide range of individuals with a variety of injuries and illnesses...from the athlete who wants to return to play to the individual who has had a stroke and needs to relearn physical and/or language skills. Our expert team of rehabilitation professionals, including specialists in occupational and physical therapy, speech and language pathology, and rehabilitation psychology, work together with patients and their physicians toward the goals of restoring mobility, improving function and enhancing the quality of life.

Services Available

We offer medical rehabilitation for adults and children, with staff specializing in the care of individuals with disabling musculoskeletal, neurologic and developmental conditions, and post-operative rehabilitation for total joint replacement surgery (hips, knees and shoulder), as well as for spine surgery. All aspects of our medical rehabilitation service are coordinated to support our full continuum of service, from hospital to home to outpatient surgery.

Occupational Therapy: Focuses on areas such as strength, range of motion, coordination, cognition and visual perception in order to increase independence in basic activities of daily life such as bathing, dressing and taking care of the home. The treatment plan incorporates performance at work, school and leisure activities. The occupational therapist can also fabricate upper extremity splints, utilize physical modalities such as fluidotherapy, and recommend adaptive equipment or modifications in the home and workplace to facilitate a return to a full and productive life.

Physical Therapy: Works to restore function and minimize disability following surgery, injury or illness. Based on diagnosis, general health and physical lifestyle, the therapist will customize a plan of care that may include modalities such as heat or cold to decrease pain, exercise to increase range of motion, strength and mobility, and activities to improve ambulation, balance and coordination. When necessary, physical therapists assess the need for assistive devices, orthotics, prosthetics and home modifications.

Psychology: Provides testing and counseling to patients who need emotional help in dealing with traumatic injuries, physical disabilities or chronic pain.

Speech and Language Therapy: Offers evaluation and treatment of speech production, language and swallowing disorders.

Specialty Programs

Pulmonary Rehabilitation: A time-limited program designed to evaluate, treat and care for patients with breathing or other cardiopulmonary disorders. The program incorporates supervised exercise training, respiratory care instruction, smoking cessation help, nutritional counseling, oxygen therapy and patient education. The multidisciplinary staff includes a pulmonary physician, a respiratory therapist, an exercise physiologist, a nutritionist, a behavioral specialist and an occupational therapist. At the conclusion of the program, each patient receives an individualized home exercise plan and is encouraged to join a fitness program. Graduates are invited to join The Better Breathing Club, a monthly support group offered at Tully Health Center.

Lymphedema Management: Lymphedema is the swelling of a body part due to an accumulation of lymphatic fluid that may be a result of complications following surgery, radiation, infection, or trauma. Specially trained physical or occupational therapists perform manual therapy, apply bandages, oversee skin care and exercise, and teach patients how to manage the effects of lymphedema once they complete their treatment.

Admission Process

The registration staff is available to accept referrals from physicians and discharge coordinators, as well as from patients and/or family members. The office can be reached by phone at (203) 276-2660 or by fax at (203) 276-2666. Upon receipt of an appropriate referral, our staff will call to schedule an evaluation appointment.

Insurance

The department is a participating provider in most managed care plans, Medicare and Medicaid. As a courtesy, the hospital will bill medical insurance companies directly. Patients will be asked to sign authorizations reflecting how services will be paid. It is recommended that patients call their insurance company to verify coverage before starting services. Any unpaid portion is the patient's responsibility. It is the hospital's policy to provide care to individuals regardless of their ability to pay. Individual payment plan arrangements and financial assistance programs can be explored with financial admission staff.

Contact Information

Outpatient Rehabilitation
Tully Health Center
32 Strawberry Hill Court
Stamford, CT 06902
(203) 276-2660
Referrals may be faxed to (203) 276-2666

Directions to Tully Health Center

From New York

Via Merritt Parkway - Exit 34. Turn right onto Route 104 (Long Ridge Road) and travel 2.3 miles approaching a major intersection. Turn right onto Summer Street and continue for 0.7 miles to Third Street. Turn left onto Third Street and proceed for 0.5 miles (you will cross Bedford Street and Morgan Street), up the hill on Strawberry Hill Court. Turn right at the sign into Tully Health Center.

Via Connecticut Turnpike - Exit 8. Turn left at traffic light onto Atlantic Street and proceed 0.6 miles to Broad Street. Turn right onto Broad Street and take the third left onto Grove Street (which becomes Strawberry Hill Avenue) for 0.7 miles to the top of the hill. At light, take a left onto Strawberry Hill Court. Entrance is down the hill on the left.

From New Haven

Via Merritt Parkway - Exit 35. Turn right onto Route 137 (High Ridge Road). Travel on High Ridge Road for 2.7 miles (where High Ridge Road becomes Summer Street). From Summer Street, travel 0.7 miles to Third Street. Turn left onto Third Street and proceed for 0.5 miles (you will cross Bedford Street and Morgan Street), up the hill to Strawberry Hill Court. Turn right into entrance.

Via Connecticut Turnpike - Exit 8. Turn right onto Elm Street and continue straight to Grove Street (which becomes Strawberry Hill Avenue) for 0.7 miles to the top of the hill. Turn left onto Strawberry Hill Court. Entrance to Tully Health Center is on the left.

Parking

Valet parking is available from 8 am through 6 pm free of charge at the main entrance. Both outdoor and garage self-parking are also available.



**STAMFORD
HOSPITAL** | The Regional
Center
for Health

Affiliate Columbia University-College of Physicians & Surgeons
Member NewYork-Presbyterian Healthcare System
A Planetree Hospital

Stamford Hospital

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