



Verdugo Hills
HOSPITAL

News

For Immediate Release

Contact:

Celine Petrossian
818.952.2213

Physical Therapy Now Available on Saturdays at Verdugo Hills Hospital

(GLENDALE, CA – March 10, 2008) – In an effort to accommodate to the working population, Verdugo Hills Hospital’s (VHH) Physical Medicine and Rehabilitation Department now offers physical therapy sessions on Saturdays.

Expanded hours for physical therapy are offered during the week to fulfill the needs of the community: Monday – Friday: 7:30 am – 9 pm; Saturday: 8 am – 2 pm.

“By opening at 7:30 a.m. and remaining open until 9 p.m. daily, we are trying to accommodate to those who need to continue working during their course of physical therapy and minimize conflicting work schedules,” said Laura Knowles, PT, Director of Physical Medicine and Rehabilitation and Cardiac Rehabilitation Services at VHH. “We have expanded to Saturdays to continue to meet the needs of our working clients. Our aim is to give the best physical therapy at the best time of day for those who need our services.”

VHH has also recently introduced a new senior wellness program, *Get Up & Go*, to help seniors in the community maintain their strength and mobility. This program has grown out of a need discovered while working with seniors in the Hospital’s *A Balanced Life* falls prevention program. *A Balanced Life* treats patients of all ages who are at a high risk of falling by offering a customized physical therapy program and in-home risk assessments. In 2007, *A Balanced Life* program made the leap into vestibular rehabilitation to treat patients who suffer from dizziness or disequilibrium, after receiving funding from UniHealth Foundation, The Green Foundation, Burbank Healthcare Foundation and Glendale Community Foundation. A computerized balance machine is now available in the Physical Medicine and Rehabilitation Department to help quantify and improve a patient’s balance and stability.

- MORE -

For more information about any of the programs or to make an appointment for a Saturday physical therapy session, please contact VHH's Physical Medicine and Rehabilitation Department at 818.952.2294.

About the Hospital:

Verdugo Hills Hospital is a 158-bed nonprofit primary care facility nestled in the foothills between Glendale and La Cañada Flintridge. The hospital features all private rooms, 24-hour emergency services, comprehensive inpatient and outpatient diagnostic and treatment facilities, and a family birthing center. It is the only independent, free-standing hospital in the greater Foothills community and was voted "Foothill's Best Hospital" for 2007 by readers of the *Glendale News-Press*. Several physicians on staff also received recognition as the best in the community, including: Dr. Scott W. Beeve, Foothills Best Ophthalmologist; Dr. Allan W. Perry, Jr., Foothills Best Plastic Surgeon; Dr. Richard L. Rupp, Foothills Best Podiatrist; Dr. William F. Schubert, Foothills Best Family Physician; Dr. Jane S. Wada, Foothills Best Dermatologist; and Dr. Ronald D. Woodard, Foothills Best Obstetrician/Gynecologist. For more information, please visit www.vhhospital.org.

###

