

# RECOVER

Whether you are in recovery or on the playing field and want to avoid an injury, Westview's outpatient sports performance experts are committed to providing state-of-the-art sports medicine, athletic training and clinical care for individuals of all ages and skill levels.

# HEAL

Our customized treatment plans may include: joint and soft tissue mobilization to increase range of motion, therapeutic methods to increase tissue flexibility, decrease pain and swelling and promote healing, and consultation regarding bracing, taping and orthotics.

# STRENGTHEN

Whatever your sport, the staff at Westview can help maintain your passions by building your strength; improving your balance and flexibility; and increasing your endurance within their fully-equipped Sports Medicine gyms.

# PROTECT

Aside from having curative and rehabilitative functions, sports medicine strongly employs preventive education and practices designed to educate and empower the individual with the knowledge of proper form and range of physical aptitude.

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



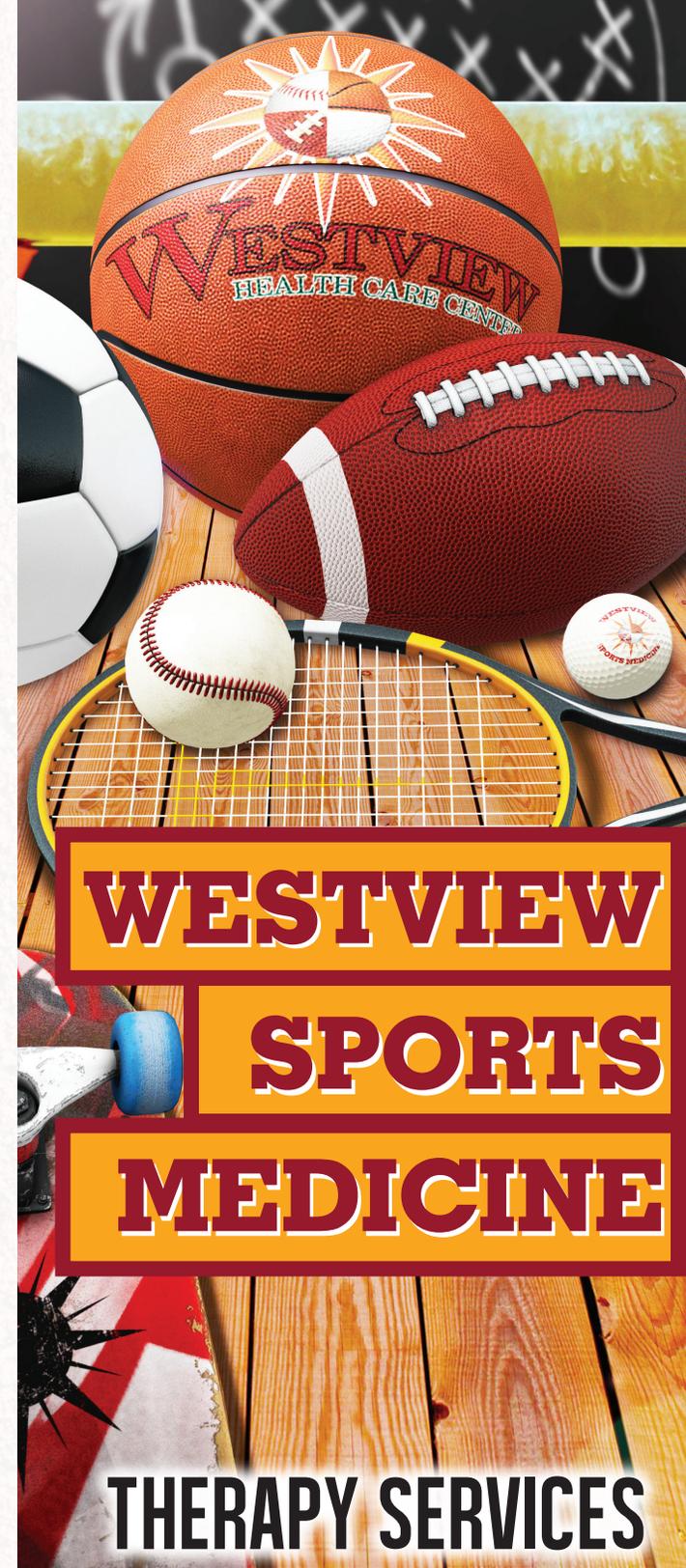
*If you're in need of physical therapy, call Westview directly. We'll help with your referral, insurance and offer you an appointment to see one of our physical therapists within 48 hours.*

**Westview accepts Medicare and has contracts with major insurance companies and community partners.**



The Sports Medicine therapists and athletic trainers address physical fitness and physiological elements pertaining to sports-related health and wellness.

**Westview Health Care Center**  
150 Ware Road, Dayville, CT 06241  
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# WESTVIEW

# SPORTS

# MEDICINE

# THERAPY SERVICES

# ALTER G

The AlterG Anti-Gravity Treadmill provides a safe way to lose weight and to train without pain. By harnessing the power of NASA-inspired “unweighting” technology, the AlterG reduces stress to joints and muscles by removing up to 80% of a person’s bodyweight while they run.



# PHYSICAL THERAPY

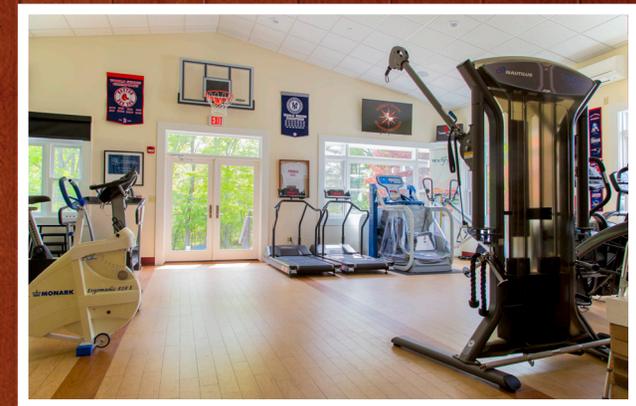
As a leader in rehabilitative care, Westview’s Sports Medicine Department uses the latest in technology and research to treat a range of conditions including: acute sports injuries, strains, sprains, muscle, tendon and ligament tears and repairs, tendonitis, wrist, hand, knee, elbow and shoulder injuries, post-orthopedic surgery, chronic musculoskeletal disorders, overuse injuries and foot and ankle dysfunction.

Aside from providing curative and rehabilitative services, Westview’s physical therapists strongly employ preventative education and practices designed to educate and empower the individual with the knowledge of proper form and range of physical aptitude.

# CUTTING EDGE

Westview’s Sports Medicine Center features the latest, state-of-the-art technology and equipment to serve your strength and conditioning needs. Some of the cutting-edge equipment includes:

- AlterG Anti-Gravity Treadmill
- Biodex Balance System
- Multi-Sport Simulator
- Nautilus Freedom Trainer
- TRX Suspension System
- Strength & Conditioning Gym



**Top:** Westview’s Sports Medicine gym is equipped with the latest technology and state-of-the-art equipment to meet a multitude of therapeutic needs

**Below:** Westview’s Strength and Conditioning gym is designed for large compound exercises and free weight exercises

# SPORTS SIMULATOR

The Multi-Sport Simulator is an interactive and immersive experience. The system allows real-time sport activities including baseball, soccer, football and golf to be tracked using your physical movements with the results displayed upon a 14’ “virtual” projection.



# SPEECH THERAPY

A Speech Language Pathologist (SLP) is a health professional who specializes in speech, language, swallowing, voice and cognitive-related disorders and injuries. An SLP works with patients to identify their communication concerns and needs in order to develop an effective treatment plan.

From pediatrics through geriatrics, an SLP provides treatment across the lifespan where communication and swallowing challenges may occur. Westview’s speech therapy services can help with communication and swallowing disorders due to conditions such as a stroke, neurological diseases, concussion/traumatic brain injury, cancer, vocal pathologies and delayed speech and language development.

