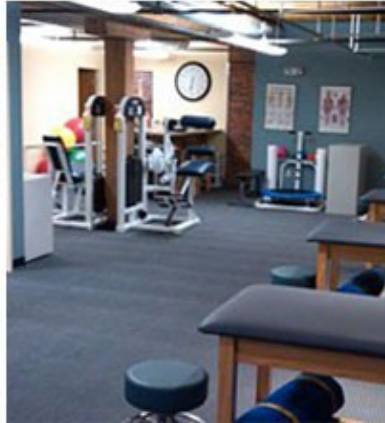


Locations

Boston











Boston Physical Therapy

Blue Hills Sports & Spine Rehabilitation

30 Lancaster Street #100 Boston MA 02114

Phone: 617-367-4700

Fax: 617-367-4701

Hours:

Monday to Thursday: 7 a.m. to 8 p.m.

Friday: 7 a.m. to 5:30 p.m.

**Special appointment times can be arranged.*

Physical Therapy in Boston, MA



Voted 2015's as The Best Physical Therapist in Boston, MA

**Verified by Opencare.com*



Voted 2018's Three Best Physical Therapists in Boston, MA.

**Verified by ThreeBestRated.com*

Our Boston Physical Therapy Office is conveniently located between the North End and Beacon Hill in the North State Street, officially Boston's West End. We are very close to the MBTA Commuter Rail and Subway System. Our office is located in a 2500 square foot state-of-the-art facility that is fully equipped for all of your physical therapy needs. We do have parking available immediately adjacent to our building (and also a short walk away) for \$5/per half hour.

Our Boston Physical Therapy clinic specializes in the evaluation and treatment of orthopedic injuries, neck and low back injuries and work related injuries. We offer Graston certified Physical Therapists.

About Our Physical Therapy Clinic in Boston

Blue Hills Sports & Spine Rehabilitation, providing physical therapy in downtown Boston, is distinguished for the successful and unique approach to spine rehabilitation and general orthopedics.

As we like to say, we put the “physical” in physical therapy, because our goal is to identify the cause of your injuries or conditions and treat them. Our experienced and skilled team puts their knowledge, compassionate approach and personal emphasis to work for you the minute you enter our clinic.

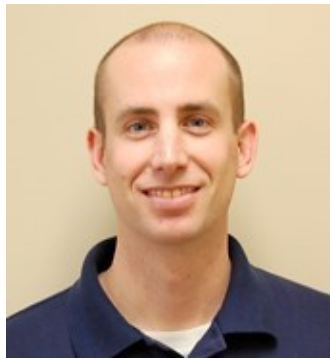
Opened in 2011, the Boston facility is a member of The Pinnacle Rehabilitation Network which also operates clinics in Weymouth and Plymouth.

We credit our success with our insistence that we are determined to address the cause of your pain, not just your symptoms. We dismiss quick-fix solutions in favor of long-term solutions that allow you to return to your normal level of activity and quality of life. We don't want you to have to compromise because of pain, and we will encourage you to keep moving and solve the issues.

We begin by conducting a thorough biomechanical evaluation that gives us the insight we need to devise an individualized plan of treatment.

Your dedicated physical therapist will combine the latest in evidence-based physical therapy treatments with the best “true” methods to help you achieve superior, lasting results. Every step of the way, we’ll provide you with the in-depth you need to become your own physical therapist and remain pain-free, long after your program has ended.

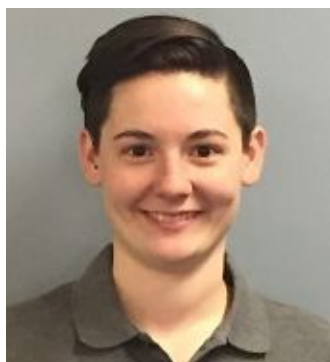
Meet our team members in Boston, MA



Erik Holmes- PT Managing Partner/Owner, Physical Therapist

eholmes@bluehillspt.com

Erik Holmes, P.T., graduated from Northeastern University with a bachelor's degree in June of 1999 and a master's degree in 2000. Erik was first exposed to physical therapy as a member of the U.S. Development Ski Team and required treatment for various injuries. This initial exposure to physical therapy led Erik to pursue a career in the orthopedic/ sports medicine physical therapy. Throughout his career Erik has focused on working with patients suffering from orthopedic related injuries. Erik's experience both as a therapist and patient has helped him to develop manual treatment skills and exercise based programs.



Andrew DeStefano- PT, DPT Physical Therapist

adestefano@bluehillspt.com

Andrew DeStefano, PT, DPT, graduated from Ithaca College with a bachelor's in Clinical Health Sciences in 2010 and went on to receive his Doctorate of Physical Therapy in 2012. He has clinical experience in both inpatient and acute care physical therapy, but has focused his career in orthopedic physical therapy. His rehabilitation approach focuses on research and evidence based exercise and manual therapy. In his free time, Andrew enjoys boxing, outdoor activities and spending time with his family.



Michelle Danley- PT,DPTPhysical Therapist

mdanley@bluehillspt.com

Michelle Danley, PT, DPT, graduated from Ithaca College with a bachelor's degree in Clinical Health Science in 2011 and earned her doctorate of Physical Therapy in 2013. She takes a hands-on approach to patient care, utilizing manual therapy techniques and progressive exercise to maximize her patient's functional abilities and help them achieve their desired goals. As a former athlete, Michelle brings her own personal understanding of many of the injuries she helps her patients to overcome. Since earning her DPT she has been working in an outpatient orthopedic setting as well as a skilled nursing facility. Michelle is a member of the American Physical Therapy Association. In her free time, she enjoys playing soccer, spending time with family and friends, and traveling.



Jessica JohnsonOffice Coordinator

jjohnson@bluehillspt.com

Jessica began working at the Boston location in February of 2012 and loves it. She takes pride in putting her best effort into everything she does and enjoys being the first person our patients interact with!

Our Physical Therapy Services in Boston, MA

Spine Rehabilitation

Blue Hills Sports & Spine Rehabilitation, providing physical therapy in downtown Boston, is distinguished for its unique and effective approach to spine rehabilitation.

When you suffer from acute or chronic back pain, it is hard to focus on anything else. Every aspect of your quality of life is impacted. When the pain becomes chronic, it is easy to become discouraged and believe that you will never be pain-free.

At our Boston clinic, we have given thousands of back pain sufferers a whole new perspective on life. In fact, many of our patients are surprised when we tell them this fact: The vast majority of people with neck, low back pain and/or sciatica caused by degenerative disc disease, muscle strain and other spine disorders can be managed successfully—without surgery.

Our approach to physical therapy leads to superior long-term results because we treat the causes, not just the symptoms. Our skilled physical therapists use a proven, research-based course of treatment that includes:

- Cardiovascular exercise
- Active and passive stretching
- Quantitative functional strength training
- Core stabilization
- Manual techniques and modalities (when clinically appropriate)

Orthopedics

Our customized program of physical therapy is successful in helping patients suffering from sprains, strains and fractures and other orthopedic injuries, to heal faster and recover thoroughly.

Whether your pain comes from injuries incurred in your daily life, your sports and hobbies or your workplace, we will help you to determine the underlying cause and address the whole picture to prevent injuries from recurring.

Sports Injuries

Whether you are an elite marathoner or a 10- minute miler, a major league pitcher or a weekend warrior, Blue Hills Spine Rehabilitation treats all types—and all levels—of athletes with the same exceptional level of care.

We understand how hard it is for athletes to stay on the sidelines. That's why our physical therapists focus on getting you back to your sport faster, but in a way that ensures your injury will not return.

Once we determine the cause of your injury or pain, we use a comprehensive and aggressive biomechanical approach to restore full joint mobility and strength. Because the body is a “kinematic chain,” it's critical to consider all of the joints around the injury—including wrists, elbows, shoulders, hips, knees and ankles. By rehabilitating you from the “ground up,” your physical therapy will be more effective in the long run.

We specialize in treating:

- Youth, adult and active senior athletes
- Elbow, shoulder, hip, knee, foot and ankle injuries
- Injuries resulting from running, jumping and throwing

Graston Technique®

We believe that every patient should have access to the very best physical therapy techniques. That's why we stay up to date with the latest clinical research and explore new ways of getting even better results for our patients.

The Graston Technique is a form of instrument-assisted soft tissue mobilization that enables physical therapists to effectively identify and breakdown scar tissue and mechanical restrictions within soft tissues.

The technique utilizes specially designed steel instruments, combined with stretches and exercises, to achieve superior results. It is used to treat a number of tendon disorders, mobilize scar tissue and reduce edema.

Graston trained physical therapists at our Boston location include:

- Erik Holmes, MSPT
- Elizabeth Vazquez, PTA
- Andrew DeStefano, PT, DPT
- Michelle Danley, PT, DPT

Pre and Post-Surgical Care

Patients undergoing joint replacement surgery have been found to recover faster when they have the benefit of physical therapy both before and after their surgery.

We will help you regain your strength and flexibility without risking further damage during the healing process.

Workplace Injuries

We will work with your physician following work-related injuries to help you heal and return to work as quickly as possible. In some cases this will require a work hardening program through which your return to your tasks is gradual as your body regains strength after an injury.

What to expect on your first visit

Arrive early.

Please plan to arrive 20 minutes prior to your first appointment. This will allow time for you to register and fill out a medical history form.

Be prepared.

- Bring your Insurance card, a list of any prescribed or over-the-counter medications you take regularly, and any necessary referral information.
- Please expect to pay any co-pays at the time of service.
- Wear comfortable loose clothing that will allow easy access to your injury site.

What to expect:

- Your first visit begins with an evaluation of your entire medical history, muscle strength, flexibility, as well as other important factors related to your injury.
- Your physical therapist will then use these findings to develop a comprehensive treatment program.
- Based on your individually-tailored treatment program, your Physical Therapist will discuss with you how often you need to attend physical therapy to achieve your long-term goals.

Our cancellation and rescheduling policy:

We kindly request a 24-hour appointment cancellation notice. If you need to reschedule an appointment on short notice, we will make every effort to accommodate your needs. Hours of operation: Monday through Thursday, 7 a.m. to 8 p.m. Friday and Saturday, 9 a.m. to 5:30 p.m. Special appointment times can be arranged.

Driving Directions to Boston Clinic

From the South:

1. Take I-93 North towards Boston
2. Take exit 26 toward Storrow Drive (.5mi)
3. Keep Left at the fork, follow signs for MA-28 N/Leverett Circle/North Station
4. Turn Right at Nashua St (.3mi)
5. Turn left at Lomasney Way (.1mi)
6. Turn left at Causeway St (174 ft)
7. Take the 1st right onto Lancaster St.
8. Arrive 30 Lancaster Street on your right

From the North:

1. Take I-93 South toward Boston
2. Take Exit 26 for MA-3 N toward MA-28 Storrow Drive/North Station (1.5mi)
3. Keep right at the fork to continue toward Nashua Street (.1mi)
4. Turn right on Nashua Street (.3mi)
5. Turn left at Lomasney Way (.1mi)
6. Turn left at Causeway St (174 ft)
7. Take the 1st right onto Lancaster St.
8. Arrive 30 Lancaster Street on your right

From the North Station T Stop:

1. Head Southwest on Causeway Street towards Friend Street
2. Pass Portland Street on your left
3. Next Left is Lancaster Street

Your partner in facilitating insurance coverage.

At Blue Hills Sports & Spine Rehabilitation, we understand that the sooner you start your physical therapy with us, the better. That's why we certify benefits and obtain necessary referrals for our patients as efficiently as possible. Even if you don't have a specific plan listed below, we'll make sure that won't stand in your way. While you begin your rehabilitation, we'll coordinate with your HMO/PPO and take the necessary steps to become an authorized physical therapy provider. With Blue Hills Sports & Spine Rehabilitation offices in Boston, Braintree, Weymouth and Plymouth, we are just around the corner from where you live and play.

We are physical therapy providers for:

- Aetna
- Auto Accidents (all insurances)
- Blue Cross Blue Shield
- Cigna
- Corvel
- Department of Labor
- First Health
- Great-West Healthcare
- Harvard Pilgrim Health Care
- Healthcare Value Management
- MassHealth, Medicaid, Medicare
- Neighborhood Health Plan
- Network Health
- One Health Plan
- Private Health Care Systems
- Tricare/Health Net
- Tufts Health Plan
- Unicare
- United Healthcare
- Worker's Compensation

More patient information and forms:

- [Patient Information Form](#)
- [Consent For Care](#)
- [Patient Health History \(print and fill out\)](#)
- [Patient Health History \(online version\)](#)
- [Medicare Recipient Mandatory Questionnaire](#)
- [HIPPA/Privacy Policy Form](#)

Other locations

The Boston clinic of Blue Hills Sports & Spine Rehabilitation is one of four physical therapy clinics serving the Greater Boston area under The Pinnacle Rehabilitation Network.

Other Blue Hills Sports & Spine Rehabilitation Locations in Greater Boston Area are:

Braintree

340 Wood Road #303 Braintree, MA, 02184

Phone:

(781) 535-6053

Fax:

(781) 535-6056

Plymouth

45 Resnik Road #104-A Plymouth, MA, 02360

Phone:

(508) 747-6600

Fax:

(508) 747-6606

Weymouth

541 Main Street #203 Weymouth, MA, 02190

Phone:

(781) 340-1480

Fax:

(781) 340-1481