

# Locations

## Braintree



## Braintree Physical Therapy

### Blue Hills Sports & Spine Rehabilitation

340 Wood Road #303 Braintree, MA, 02184

Phone: (781) 535-6053

Fax: (781) 535-6056

#### 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 Braintree, MA

Our Braintree Physical Therapy Office is conveniently located at the “Braintree Split” - the crossroads of Route 3, Route 1A, and Route 95, in the Blue Hills Medical Building. It is a 4000 square foot state-of-the-art facility that is equipped to meet your physical therapy needs. Ample on-site parking is available.

### About Our Physical Therapy Clinic in Braintree

Blue Hills Sports & Spine Rehabilitation, providing physical therapy in Braintree, is distinguished for the success of its spinal 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 2006, the Braintree facility is a member of The Pinnacle Rehabilitation Network which also operates in Boston 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 offer quick-fix solutions in favor of long-term solutions that allow you to return to your normal level of activity and optimal health. We don't want you to have to compromise because of pain, and we will encourage you to keep moving as we solve the issue.

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

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

### Meet our team members in Braintree, MA



## **Michael Vacon- PTFacility Owner/Managing Partner, Physical Therapist**

[mvacon@bluehillspt.com](mailto:mvacon@bluehillspt.com)

Michael Vacon, P.T. has been a practicing Physical Therapist in Massachusetts since graduating from The University of Massachusetts Lowell. He specializes in the rehabilitation of orthopedic and spine related musculoskeletal injuries. Michael has worked with athletes from the NBA, NFL, MLB and WNBA, Olympic champions, weekend warriors and youth sports participants. His "favorites" being throwing athletes, soccer players and endurance athletes. Michael also specializes in the rehabilitation of workers, people involved in accidents, patients with arthritic conditions and patients with both acute and chronic spine injuries. As a physical therapist, he uses a unique and very successful approach, combining progressive strength and flexibility training, physical therapy, stabilization, functional lifting and selective spinal mobilization. This has resulted in patients successfully reducing their pain and returning to a normal life.



## **Katie Foley Ferrari- MSPTClinical Manager, Physical Therapist**

[kfoley@bluehillspt.com](mailto:kfoley@bluehillspt.com)

Katie graduated from Northeastern University in 2001 with a bachelor's degree in Rehabilitation Science. She continued her education at Northeastern and received a Master's Degree in Physical Therapy in 2002. Katie has focused on orthopedic physical therapy throughout her career. She has worked at several area clinics and has worked closely with many area physicians on rehabilitating people with various orthopedic diagnoses. Katie uses an aggressive rehabilitation style combining manual therapy with exercise to help her patients to return to their normal lives. In her spare time, Katie enjoys sailing, golf, skiing and power yoga.



## **Jennifer Giuliano- MSPT,CSCSPhysical Therapist**

[jgiuliano@bluehillspt.com](mailto:jgiuliano@bluehillspt.com)

Jennifer graduated from Northeastern University in 2002 with a Master's degree in Physical Therapy. Since 2002, she has worked in physical therapy in the area of orthopedics and post-surgical rehabilitation. She utilizes manual techniques in addition to manual therapy with patients to function and sport. Jennifer is also a Certified Strength and Conditioning Specialist and works privately as a personal trainer. She completed the Boston Marathon in 2008 as a member of the American Liver Foundation's Run for Research team. Jennifer enjoys power vinyasa yoga, running, Pilates, and weight training.



## **Sydney Galvin- PT, DPT Physical Therapist**

[sgalvin@bluehillspt.com](mailto:sgalvin@bluehillspt.com)

Sydney Galvin, PT, DPT, graduated the University of Massachusetts of Lowell with a bachelor's degree in Exercise Science. She returned to Lowell that fall to attend their doctor of physical therapy program, which she completed in 2016. Sydney has experience in orthopedics as well as in the acute care setting. She enjoys working with people of all ages. In her spare time, she enjoys walking, biking, swimming and spending time with her dogs.



## **Heather Doyle- BS, LPTA Physical Therapist Assistant**

[hedwards@bluehillspt.com](mailto:hedwards@bluehillspt.com)

Heather graduated from Ithaca College in 1998 with a Bachelor's Degree in Exercise Science. After coaching soccer for several years and working as a personal trainer Heather went back to school to receive her Associates Degree in Physical Therapy from Community College in 2004. She has been a practicing Physical Therapist Assistant since and has worked in both the orthopedic setting as well as long-term care. A former college soccer player and coach, Heather enjoys working with athletes on injuries and getting athletes back into game shape. In her spare time, Heather enjoys running, weight training and hiking.



## **DeShauna Johnson Office Manager**

[djohnson@bluehillspt.com](mailto:djohnson@bluehillspt.com)

DeShauna is a 2002 graduate of Quincy High School and graduated from Quincy College with an Associates Degree in Science Applications in 2005. She began working at Blue Hills Sports & Spine Rehabilitation in 2008 and became office manager in 2011. DeShauna handles all billing for the office.



## **Justin Harrington Clinical Secretary**

[jharrington@bluehillspt.com](mailto:jharrington@bluehillspt.com)

## **Our Physical Therapy Services in Braintree, MA**

### **Spinal Rehabilitation**

Blue Hills Sports & Spine Rehabilitation, providing physical therapy services in Braintree, MA, is distinguished for its effective approach to spinal 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 affected. When the pain becomes chronic, it is easy to become discouraged and believe that you will never be pain-free again.

At our Braintree clinic, we have given thousands of back pain sufferers a whole new perspective on life. In fact, many are surprised when we tell them this fact: The vast majority of people with neck, low back pain and/or sciatica symptoms from 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. 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, as well as 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 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 Sports 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 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 improve your mobility and strength. Because the body is a “kinematic chain,” it's critical to consider all of the joints around your injury—wrists, elbows, shoulders, hips, knees and ankles. By rehabilitating you from the “ground up,” your physical therapy will be 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 on 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 break down 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.

## **Pre and Post Surgical Care**

Patients undergoing joint replacement surgery have been found to recover faster when they have the benefit of physical therapy 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 from the 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 registration form.

### **Be prepared.**

- Bring your Insurance card, a list of any prescribed or over-the-counter medications you take regularly, and any 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 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 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: 7 a.m. to 8 p.m. Special appointment times can be arranged.

## **Driving Directions to Braintree Clinic**

## **From the Waltham/Dedham Area (From Rt 95)**

1. Take I-95 South toward Providence RI/Dedham/Cape Cod
2. I-95 South becomes I-93 North
3. Take Exit #6/Rt 37 toward W. Quincy -0.4 mi
4. Turn Left on Granite St (RT 37) - 0.1mi
5. Turn Left on Wood Rd. - 0.7mi
6. Arrive at 340 Wood Rd. Braintree, Blue Hills Medical Building
7. Enter through the main entrance and take the elevator to the second floor.

## **From the South Shore (From Rt. 3)**

1. Take Rt 3 North toward Boston
2. Take Left fork onto I-93 South toward Dedham -1.0 mi
3. Then follow directions from step #3 above.

## **From the Boston Area (From Route 93)**

1. Take Rt. 93 South (South East Expressway)
2. Take Right fork onto I-93 South
3. Then follow directions from step #3 above

## **From the Southeast/Brockton Area (From Route 24)**

1. Take Rt 24 North toward Boston
2. Take exit #21A onto I-93 North toward Boston -2.8mi
3. Then follow directions from step #3 above.

## **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 sooner we certify benefits and obtain necessary referrals for our patients as efficiently as possible. Even if you don't see your insurance carrier listed below, we'll make sure that won't stand in your way. While you begin your rehabilitation, we'll contact your HMO/PPS to complete the necessary steps to become an authorized physical therapy provider. With Blue Hills Sports & Spine Rehabilitation offices in Boston, Weymouth and Plymouth, we are just around the corner from where you live, work 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:

- [General New Patient Forms](#)
- [Consent for Treatment Form-All New Patients](#)
- [Medicare New Patient Forms](#)
- [Workers Compensation New Patient Forms](#)
- [Automobile Accident New Patient Forms](#)
- [HIPPA/Privacy Policy Form](#)
- [Medical History Form](#)

## Other locations

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

The other locations are:

### **Boston**

30 Lancaster Street #100, Boston MA 02114

**Phone:**

(617) 367-4700

**Fax:**

(616) 367-4701

### **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