

# Locations

## Plymouth



## Plymouth Physical Therapy

### Blue Hills Sports & Spine Rehabilitation

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

Phone: (508) 747-6600

Fax: (508) 747-6606

**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 Plymouth, MA**

Our Plymouth location is conveniently located at the corner of Route 3 and Route 44, at the Medical Center at the Park adjacent to the Colony Place Shopping Mall. It is a 2,300 square foot state-of-the-art facility, complete with the latest conditioning equipment, as well as an open gym area. Ample on-site parking is available.

### **About Our Physical Therapy Clinic in Plymouth**

Blue Hills Sorts & Spine Rehabilitation, providing physical therapy in Plymouth, 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 and 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 2008, the Plymouth facility is a member of The Pinnacle Rehabilitation Network which also operates in Boston and Braintree.

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 issues.

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

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

### **Meet our team members in Plymouth, MA**



## **John Jones- MSPT Owner/Physical Therapist**

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

John is a graduate of Springfield College where he received his Master of Science Degree in Physical Therapy in 2000. In Springfield, he had the opportunity to complete an inpatient orthopedics internship in Birmingham, Alabama where he worked under the supervision of world renowned Orthopedic Surgeon James Andrews and nationally renowned Physical Therapist Kevin Wilk. Rehabilitating professional athletes immediately out of surgery was a special experience that fit nicely with John's background as a college baseball pitcher and NCAA 1st team All-New England Baseball All-Star. Immediately following graduation, John was a natural selection for a full-season sports medicine fellowship with the New England Patriots football team.

John transitioned into outpatient orthopedic care following his exciting stint in the NFL. He has since spent the past several years developing specific skills to assist patients of all abilities. His unique experiences have allowed him to develop a treatment approach that combines focused manual treatment, flexibility training, core stabilization, and a progressive strengthening program to help patients achieve their maximum functional recovery. John has also worked in an industrial work hardening center where he has developed extensive work conditioning programs for a variety of occupational injuries. Regardless of the source of injury, John evaluates each and every patient and works closely with them to develop their own individual goals and expectations and to maximize their recovery in a timely manner.



## **Jennifer Knowles- MSPT Physical Therapist**

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

Jennifer is a graduate of Springfield College where she received her Master of Science Degree in Physical Therapy in 2000. She is a practicing physical therapist in southeastern Massachusetts since that time. She was a competitive athlete throughout her college years and participated in swimming, softball, lacrosse, and collegiate field hockey. Participation in these sports has provided her with a strong interest in the treatment of ankles, shoulders, knees, and spine. She utilizes a variety of manual therapy techniques, functional training, and

training, and core strengthening during treatment. She enjoys Pilates as a hobby and tries to incorporate these movement treatment programs whenever appropriate. She enjoys the satisfaction she gets out of her job as a PT and she tries to treat all ages.



### **Rich Kenney- DPT, CSCSPhysical Therapist/Clinical Supervisor**

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

Rich graduated with his Doctorate of Physical Therapy from Northeastern University in 2011. His experience at Northwell Health included several clinical affiliations that allowed him to gain exposure in inpatient post-surgical care and outpatient orthopedic sports medicine. Rich also worked as an Assistant Strength and Conditioning Coach for both the Men's and Women's basketball teams for two seasons while attending Northeastern. He built on this experience and became a Certified Strength and Conditioning Specialist in 2010 with the hopes of helping athletes achieve their maximum potential. He adapts his treatment style to each individual to help them achieve their best functional outcomes. As a Cape Cod native he enjoys summer baseball and hanging at the beach.



### **Joseph White- DPTPhysical Therapist**

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

Joe graduated with his Doctorate of Physical Therapy from The University of the Sciences in Philadelphia in 2017. His clinical experience in Philadelphia allowed him to complete many clinical rotations in outpatient orthopedic sports clinics. He has a great understanding of sports related injuries and utilizes many manual techniques for his treatment with a focus on increasing flexibility, strength, and function for each patient. He enjoys treating several injuries including knee, shoulder, ankle, elbow and spine. Outside of PT, Joe enjoys golf by hitting the links playing golf during the summer and snowboarding the mountains of NH during the winter.



## **Flo MacDonald- PTPhysical Therapist Assistant**

[fmacdonald@bluehillsspt.com](mailto:fmacdonald@bluehillsspt.com)

Flo is a highly focused and talented Physical Therapist Assistant with over 15 years of experience in the provision of physical therapy services in an orthopedic setting. She obtained her Associates Degree from Massasoit Community College in 1998 and has worked as a Chiropractic Assistant. She has vast knowledge of physical therapy principles and theories for all diagnoses and is currently working with patients suffering from TMJ headaches and cervical dysfunction and has taken many continuing education courses in these areas of treatment.



## **Lindsey WhiteClinical Secretary**

[lwhite@bluehillsspt.com](mailto:lwhite@bluehillsspt.com)

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

### **Spinal Rehabilitation**

Blue Hills Sports & Spine Rehabilitation, providing physical therapy services in Plymouth, 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 Plymouth 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

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 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 restore mobility and strength. Because the body is a “kinematic chain,” it's critical to consider all of the joints around your injury—hips, 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 Plymouth Clinic**

## **Driving Directions From the North or South (From Rt. 3)**

1. Take Exit #7 and merge onto 44W toward Taunton
2. Take the first exit- Route 80/Cherry St./ N. Plymouth
3. Turn right at the top of the ramp onto Route 80/Commerce Way
4. Turn left onto McAuliffe Way
5. Turn left onto Industrial Park Road
6. Turn right into "The Medical Center at the Park"
7. Arrive at 45 Resnik Road

## **From the West (From Rt. 44)**

1. Follow Route 44E until the last exit
2. Exit onto Route 80/Cherry St./ N. Plymouth
3. Turn right at the top of the ramp onto Route 80/Commerce Way
4. Turn left onto McAuliffe Way
5. Turn left onto Industrial Park Road
6. Turn right into "The Medical Center at the Park"
7. Arrive at 45 Resnik Road .

## **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 easier it is to 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 Braintree, Boston, and Weymouth 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 Plymouth clinic of Blue Hills Sports & Spine Rehabilitation is one of four physical therapy clinics serving 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

### **Braintree**

340 Wood Road #303 Braintree, MA, 02184

**Phone:**

(781) 535-6053

**Fax:**

We are physical therapy providers for:

(781) 535-6056

## **Weymouth**

541 Main Street #203 Weymouth, MA, 02190

**Phone:**

(781) 340-1480

**Fax:**

(781) 340-1481