

Locations

Weymouth



Weymouth Physical Therapy

Blue Hills Sports & Spine Rehabilitation

541 Main Street, #203 Weymouth, MA, 02190

Phone: (781) 340-1480

Fax: (781) 340-1481

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 Weymouth, MA

Our Weymouth physical therapy location is conveniently located right off Route 3, just one set of lights up on Route 1 Building. It is a 3,200 square foot state-of-the-art facility, complete with the latest strength and conditioning equipment and an open gym area. Ample on-site parking is available.

About Our Physical Therapy Clinic in Weymouth



Blue Hills Sports & Spine Rehabilitation, providing physical therapy distinguished for the success of its unique approach to 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 Weymouth facility is a member of The Pinnacle Rehabilitation Network which also operates in Braintree 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 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 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 Weymouth, MA



Michael Vacon- PTFacility Owner/Managing Partner, Physical Therapist

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. For his patients, 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.



Christine Cormier- MSPTClinical Manager

ccormier@bluehillspt.com

Christine Cormier, MSPT graduated from Northeastern University in 2002. Since that time she has been specializing in the diagnosis and treatment of orthopedic, spine and sports injuries. Her approach to rehabilitation is a combination of manual and exercise treatment and has led to great patient outcomes. In addition to being a treating physical therapist, she also works in the Physical Therapy Department at Bay State College as a Lab Instructor.



Andrew Marques- PT, DPTPhysical Therapist

amarques@bluehillspt.com

Andrew is a Doctor of Physical Therapy who graduated from MGH Institute of Health Professions in January of 2016 with a one-year clinical internship at Cape Ann Orthopedic and Sports Physical Therapy Center in Manchester, MA. His interest in orthopedic and sports physical therapy has been bolstered by his many experiences playing football, basketball, and baseball. His clinical strengths include shoulders, knees, and spine. As a former kayak tour guide, Andrew enjoys working with people and providing his experience to the individual for the best possible outcome.



Sabrina Adams- PTAPhysical Therapist Assistant

sadams@bluehillspt.com

Sabrina graduated from University of Massachusetts Boston in 2001 with a Bachelor's Degree. After working in the fitness industry and as a personal trainer, she went back to school to receive her Associates Degree in the Physical Therapist Assistant program at State College in 2006. Since then she has been practicing as a licensed PTA in the outpatient orthopedic setting. Sabrina is a marathon participant in 2005. In her spare time she enjoys running, weight training, outdoor activities and spending time with her family.



Kathleen Glassett Office Co-ordinator

kglassett@bluehillspt.com

Our Physical Therapy Services in Weymouth, MA

Spinal Rehabilitation

Blue Hills Sports & Spine Rehabilitation, providing physical therapy services in Weymouth, 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 Weymouth 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 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 recovers 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 to Thursday: 7 a.m. to 8 p.m. and Friday: 7 a.m. to 8 p.m. Special appointment times can be arranged.

Driving Directions to Weymouth Clinic

Driving Directions 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. Merge onto MA- 3S
4. Take EXIT 16B toward Abington
5. Merge onto Main St./ Rt. 18S
6. At the traffic lights, take a right onto West Street
7. Take a quick left into the **Stetson Building** parking lot

From the South Shore (From Rt. 3)

1. Take Rt 3 North toward Boston
2. Take EXIT 16B toward Abington
3. Merge onto Main St./ Rt. 18S
4. At the traffic lights, take a right onto West Street
5. Take a quick left into the **Stetson Building** parking lot

From the Boston Area (From Route 93)

1. Take Rt. 93 South
2. Merge onto MA- 3S
3. Take EXIT 16B toward Abington
4. Merge onto Main St./ Rt. 18S
5. At the traffic lights, take a right onto West Street
6. Take a quick left into the **Stetson Building** parking lot

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 better. We certify benefits and obtain necessary referrals for our patients as efficiently as possible. Even if you don't see your insurance carrier 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 Plymouth, Braintree and Boston 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 Weymouth clinic of Blue Hills Sports & Spine Rehabilitation is one of four physical therapy clinics serving the C 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:

(781) 535-6056

Plymouth

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

Phone:

(508) 747-6600

Fax:

(508) 747-6606