



## *Our Commitment....*

**F**or more than 15 years, La Posada Outpatient Therapies has been providing a high quality and personalized Physical, Occupational and Speech/Language therapy experience in a relaxed and professional environment. We serve the Green Valley and Southern Arizona community.

Our Outpatient Therapies clinic offers state-of-the-art modality equipment, evidenced-based treatment plans and person-centered therapy programs provided by experienced therapy professionals.

## *Home and Community Services available through Posada Life:*

### **Mosaic**

Personal, team approach focused on your well-being 393-6700

### **Community Connect**

Resource for services and information 393-6700

### **Adult Day Services**

Activities and supportive care for seniors and respite for their caregivers 625-2273

### **Outpatient Therapies**

Physical, occupational, and speech therapies from La Posada staff 648-2200

### **Casa Community Center**

Senior lunch program, social events, and daytrips 625-2273

### **Behavioral Health Services**

In-home or in-office counseling 625-2273

**[www.posadalife.org](http://www.posadalife.org)**

# Outpatient Therapies



**Posada Life**

700 S. La Posada Circle  
Green Valley, AZ  
520 -648-2200



## Our Services....

La Posada offers Physical, Occupational and Speech/Language therapies, treating a wide variety of areas. Our unique, adult client focus allows us to treat a range of issues impacting older adults.



### Featuring Aquatic Therapy

La Posada Outpatient Therapies offers the only full-size therapy pool in Green Valley, providing a full spectrum of aquatic rehabilitation and therapy.

**Aquatic treatments can be helpful for patients with orthopedic and neurological disorders who experience symptoms such as:**

- Pain
- Weakness
- Weight-bearing restrictions after surgery
- Swelling
- Impairments with walking, sitting, and standing balance

#### Common reasons to see a Physical Therapist:

- Low back or neck pain
- Knee, ankle or foot problems
- Sprains and muscle sprains
- Arthritis
- Stroke rehabilitation
- Problems with balance
- Hip fractures

#### Common reasons to see an Occupational Therapist:

- Shoulder, arm, wrist or hand problems/fractures
- Arthritis
- Stroke rehabilitation
- Sprain and muscle strains
- Chronic pain
- Traumatic brain injury

#### Common reasons to see a Speech Therapist:

- Stroke rehabilitation
- Speech disorders
- Swallowing problems
- Oral muscle weakness
- Memory loss
- Cognitive relearning
- Communication disorders

## Specialty Programs

- ◆ Hand Therapy
- ◆ Vestibular Program
- ◆ Lymphedema Program
- ◆ Manual Therapy
- ◆ General Orthopedics
- ◆ Occupational Therapy
- ◆ Speech Therapy



*Outpatient Therapies is open to the public and accepts Medicare, private pay, and most HMO/PPO /Medicare Advantage Plans. Call: **520-648-2200** to make an appointment. We can help confirm your insurance coverage and offer you treatment options that best suit you and your needs. Call now and let us help you stay independent!*