

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 strains
- 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 Balance
- ◆ 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!



Our Commitment....

For more than 20 years, La Posada Outpatient Therapies has been providing a high quality and personalized Physical, Occupational and Speech/Language therapy in a relaxed and professional environment. We serve the Green Valley/Sahuarita 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.

Additional Posada Life Services

Adult Day Services

Activities and supportive care for seniors and respite for their caregivers

520-625-2273

Behavioral Health Services

In-home or in-office counseling

520-625-2273

Community Center

Senior lunch program, social events and daytrips

520-625-2273

Los Niños del Valle

~~Preschool and child care~~ offering state-licensed programs for children ages 12 months - 5 years old

520-393-6823

Posada Health

Primary care facility offering an integrated approach to healthcare

520-648-8900

and Online:

Connect Green Valley

Online resource for services and information in Greater Green Valley

www.connectgv.org

www.PosadaLife.org



Outpatient Therapies




Posada Life

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