



About Us

Outpatient Therapy Services

At First Care Health Center we offer a variety of rehabilitation services. These include physical, occupational, and speech therapy. Each discipline aims to promote independence for individuals across the lifespan.

Contact Us Today

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115 Vivian Street,
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Outpatient Therapy Services

Physical Therapy
Occupational Therapy
Speech Therapy

First Care
HEALTH CENTER

Physical Therapy

- Men & Women Pelvic Health
- Pregnancy & Postpartum
- Pre- & post- Surgical Rehabilitation
- Joint and/or muscle pain
- Athlete injury prevention & recovery
- Lymphedema
- Vestibular Rehabilitation
- Neurological Rehabilitation
- LSVT BIG
- Concussion Recovery
- Vision & Oculomotor Therapy
- Temporomandibular Joint (TMJ) Rehabilitation
- Fall Preparedness & Fall Prevention Training
- Blood Flow Restriction Training
- Dry Needling
- ASTYM & IASTM Therapy
- Cupping
- Compression Stocking Fitting
- Work-related injuries
- Ergonomic Evaluations
- General Wellness
- Strength & conditioning for all ages
- Pediatric Therapy

Occupational Therapy

- Home safety & accessibility evaluations
- Upper Extremity Rehabilitation
- Hand Function Optimization
- Neurological Rehabilitation
- Falls Prevention
- Functional Mobility Training
- Self Care & Home Management Education
- Cognitive Skills Training
- Executive Function Coaching
- Pediatric Therapy



Speech Language Therapy

- Speech Sound Disorders
- Expressive & Receptive Language Disorders
- Neurological Rehabilitation
- Stuttering
- LSVT LOUD
- Voice Disorders
- Social Communication
- Augmentative & Alternative Communication (AAC)
- Feeding & Swallowing Disorders
- Literacy & Pre-literacy Skills
- Cognitive-Communication Disorders
- Pediatric Therapy

