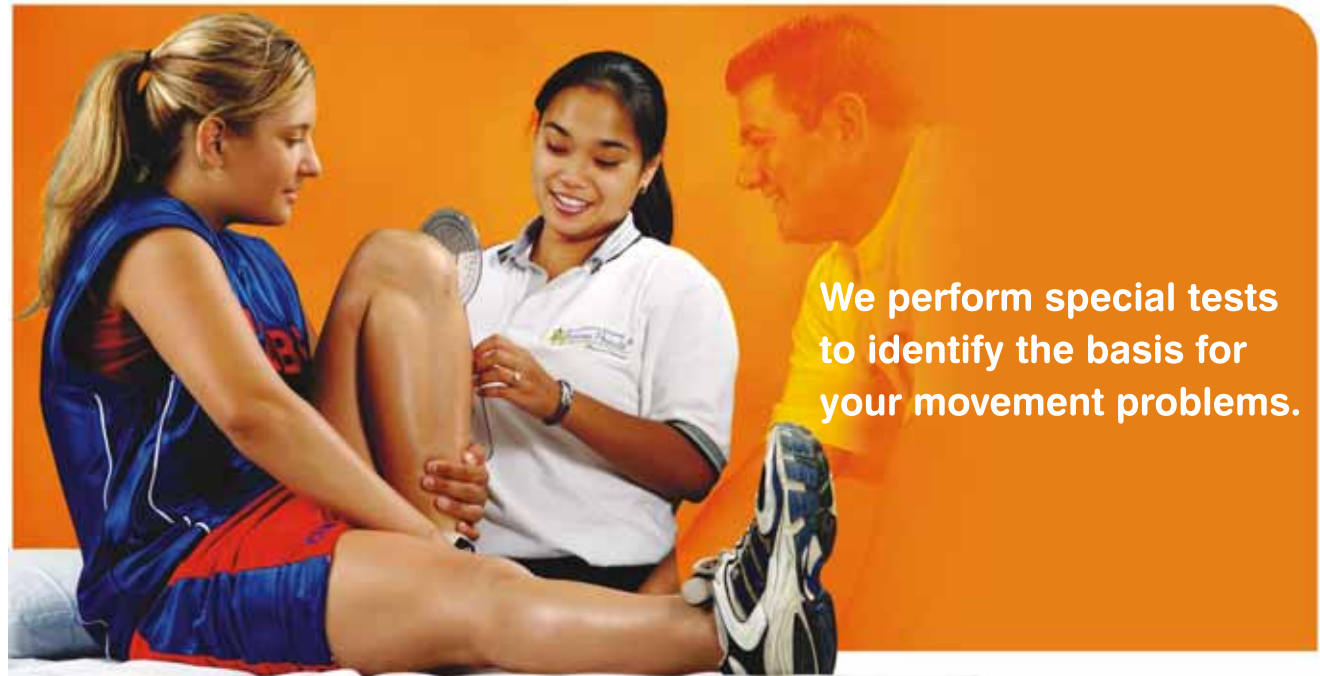


Our Facility

Community Hospital Outpatient Physical Therapy Department

is located within the Community Hospital Fitness Pointe®, is medically based, 84,000 square-foot fitness center. It is a 4,600 square foot, state-of-the-art department featuring the latest in rehabilitation technology and equipment. It includes 6 private treatment rooms, 3 semi-private treatment booths, mobilization tables, Repex, Biodex isokinetic testing, treadmills, Biodex upper body ergometers, stationary bikes, NuStep, stairmaster, Body Master progressive resistance equipment and free weights.

The department utilizes two pools for its Aquatic Physical Therapy Program. The 75 ft by 28 ft, 84 degree lap pool is used by our therapists for speedy rehabilitation of athletes. The 50 ft by 28 ft, 92 degree warm water therapy pool is used for patients with back pain, arthritis, neuromuscular dysfunction and orthopedic/sports injuries. The pool includes a hydraulic lift for special access needs and features a deep lane for non-weightbearing exercises.



We perform special tests to identify the basis for your movement problems.

Our Therapists

Our physical therapists are graduates of accredited physical therapy programs and are licensed by the state of Indiana. Many hold advanced Masters and Doctorate degrees in physical therapy as well as board certification of orthopedic physical therapy, certifications in mechanical diagnosis and treatment of the spine and specialties in strength and conditioning.

Our therapists aggressively pursue continuing education in a wide range of areas including spinal disorders, shoulder and knee injuries, sports medicine injuries and total joint replacements.

All of the therapists on staff participate in the hospital's speakers' bureau and regularly present topics on prevention with our hospital's physicians.

Your physical therapist will:

- Perform a complete initial physical therapy evaluation upon your physician's referral.
- Perform special tests to identify the basis for your movement problems.
- Develop an individualized treatment plan of care to address your specific functional goals.
- The same therapist will treat you from evaluation through discharge to ensure your best possible functional outcomes.



Therapy by Therapists

Jan Duncker, MPT, MPA, OCS, CSCS
 Karen Johnson, PT, CSCS
 Dr. Sylvia Gould, DPT, MHS, OCS, Cert MDT
 Cory Ingelse, MPT, OCS, Cert MDT
 Amy Gahan, MPT, CSCS
 Marika Zandstra, PT
 Dr. Latrese Wynn, DPT, OCS
 Dr. Sarah Skinner, DPT, OCS
 Judith Nueros, PT
 Nolito Santos, PT
 Dr. Stephanie Yekich, DPT, ATC
 Dr. Amie Carns, DPT
 Dr. Amber Westerhoff, DPT
 Dr. Katherine Metros, DPT

**Community Hospital
 Outpatient Physical Therapy**
 9950 Calumet Ave., Munster, In 46321

Hours of Operations
 Monday, Wednesday, Thursday - 5 a.m. -7 p.m.
 Tuesday, Friday - 5 a.m. -5 p.m.
 Saturday - 6:30 a.m. - 2 p.m.

Phone: (219) 934-2840
Fax: (219) 934-2841



Community Hospital
**Outpatient
 Physical Therapy**

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For more information
 about Outpatient Physical Therapy call

219-934-2840
