

Convenient Care Close to Home

Mercy offers physical therapy services throughout the Springfield area. The care you need is never far from home.

Mercy Physical Therapy Locations

Mercy Therapy Services - Main Campus

2135 South Fremont • Springfield • MO • 65804

Phone: 417-820-2160

Fax: 417-820-8614

Mercy Therapy Services - West Kearney

2120 West Kearney • Springfield • MO • 65803

Phone: 417-869-6191

Fax: 417-869-4131

Mercy Therapy Services - East Kearney

1660 East Kearney • Springfield • MO • 65803

Phone: 417-831-4362

Fax: 417-865-6279

Mercy Therapy Services - Surgery Center

1229 East Seminole • Springfield • MO • 65804

(Hand Therapy, 5th Floor)

Phone: 417-820-9300

Fax: 417-820-9302

Spine Center Physical Therapy, 5th Floor

Phone: 417-820-9765

Fax: 417-820-8867

Mercy Therapy Services - Nixa

940 West Mount Vernon • Nixa • MO • 65714

Phone: 417-724-5400

Fax: 417-724-5403

Mercy Therapy Services - Branson

670 North Business 65, Ste 2 • Branson • MO • 65616

Phone: 417-332-2990

Fax: 417-332-1799

Mercy Therapy Services - Republic

332 South Main • Republic • MO • 65738

Phone: 417-732-5050

Fax: 417-732-8061

mercy.net

SPR_13954_(2/21/12)



Mercy Physical Therapy

Restoring fullness to life



Physical therapy helps you return to a life full of possibilities.

Getting Back to Being You

When an injury, illness or surgery makes it difficult to perform everyday activities, your doctor may recommend physical therapy. And when you choose Mercy, you'll have a team of skilled, caring professionals helping you restore function, relieve pain and regain your independence.

Physical therapy uses a combination of exercises, education and treatments to increase muscle strength, enhance range of motion, and improve mobility, balance and coordination. It may be recommended for patients with:

- Pain or limitations in the spine or extremities
- Tendon or ligament problems
- Arthritis
- Spinal stenosis
- Balance disorders

- Neurological disorders (brain injury, spinal cord injury, multiple sclerosis, etc.)

Your Plan of Care

Your plan of care will include:

- How therapy can help you
- Goals you and your therapist set
- What to expect during your sessions
- The estimated number of visits your plan of care will cover

Your therapy team members

Physical Therapist (PT): A licensed PT will evaluate your condition and customize your plan of care.

Physical Therapist Assistant (PTA): A PTA is licensed by the state and works with the physical therapist to assist in achieving your goals.

Technician: Our technicians are trained to assist in therapeutic procedures.

Your level of pain

During each visit, your therapist will address your pain level to guide your progression:

- 0 - No pain
- 2 - Mild pain, annoying - Pain is present but does not limit activity
- 4 - Nagging pain, uncomfortable, troublesome - Can do most activities with rest periods
- 6 - Miserable, distressing - Unable to do some activities because of pain
- 8 - Intense, dreadful horrible - Unable to do most activities because of pain
- 10 - Worst pain possible; unbearable - Unable to do any activities because of pain

About your therapy and sessions

Successful rehabilitation for your condition requires that you:

- Understand and participate in the goals that are set
- Do your home exercise program as prescribed

If you are unable to attend a scheduled session, please cancel treatment at least 24 hours in advance. This will allow another patient to be seen.

Your guests are welcome to wait in the waiting room. Television, magazines and refreshments are provided. If you need a guest to accompany you during treatment, please inform a staff member.

Our top priorities

Outstanding care and your satisfaction is our top priorities. Please let your Physical Therapist or administrator know if you have suggestions for improvements or concerns regarding your care

Mercy Mission Statement

As the Sisters of Mercy before us, we bring to life the healing ministry of Jesus through our compassionate care and exceptional service.