What is Rehabilitative Rheumatology?

Often called "physical medicine", this specialty is an integral part of treatment for musculoskeletal problems. Physical and occupational therapists are highly trained and knowledgeable specialists who will assist you in managing pain symptoms and teach you self-management strategies individualized to your particular condition and to your lifestyle needs. They work with you to restore function, to prevent recurrence, to maximize joint health, to maintain independence in your daily activities.

The ATC Rehabilitative Rheumatology Team

Our physical and occupational therapists are further specialized to address the conditions we treat here. They know the difference between rheumatoid arthritis and osteoarthritis, between scleroderma and lupus erythematosus, between fibromyalgia and muscle strain. These are conditions they treat on a routine basis. Working alongside and collaboratively with your rheumatologist, they can tailor a program best suited to your particular needs. And because we are all under the same roof, we can share information and coordinate care at the time of your visit here. For example, if you are experiencing more pain or having more joint swelling, the exact cause may not be obvious. Does it mean that you should be on more medication or different medication? Does it mean that you need more, less, or different exercises? Our team approach of specialists coordinating their expertise has proven to be the best way to find the right answers quickly.

In-Home Exercise Program

Our treatment approach is to teach you how to manage your condition in your own home. We will teach you the appropriate exercises and provide you with written instructions for them. We will motivate you to continue your exercise program to prevent recurring problems and to improve any chronic ones. We will offer you periodic monitoring and updating of your exercise program as you become stronger or as new problems arise.

More Than Just Exercise

Our therapists can also offer you treatments (e.g., ultrasound, phonophoresis, diathermy, traction) which can augment those your rheumatologist prescribes. They can fit or custom-make splints, providing instructions in their appropriate use. They can teach you about and help you to find the assistive devices you may need to carry out normal daily activities. They help provide you with the appropriate balance between exercise and joint protection.

Our experience has shown that an in-home exercise program taught by therapists trained in Rehabilitative Rheumatology is both effective and less costly than conventional physical therapy services.

If we treat you, we help you for a day. If we teach you, we help you for a lifetime.

Our Dedicated Team

Martin J. Poppo, M.D., F.A.C.R.
Robert G. Gray, M.D., F.A.C.P., F.A.C.R.
Scott M. Halista, M.D., F.A.C.R.
C. Bruce Tallman, Jr., M.D., F.A.C.R.
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