



A full range of services.

To schedule an appointment,
call 405.447.1571

Physical, Speech and Occupational Therapy

HAND THERAPY:

Highly specialized and trained occupational and physical therapists offer hand and upper extremity injury therapy. Customized splint fabrication is available.

LYMPHEDEMA MANAGEMENT:

Certified and licensed therapists, extensively trained in lymphedema treatment and management, are available and offer:

- Compression wrapping
- Manual lymph drainage
- Patient and family education for self-care
- Compression garment assessments

WORK HARDENING, WORK CONDITIONING AND FUNCTIONAL CAPACITY EVALUATIONS:

Therapy programs are custom designed to assist employees so they can return to work as quickly and safely as possible. Services also include:

- On-site job analysis
- Injury prevention services
- Blankenship protocol - functional capacity evaluations (FCE's)

MAKING AN APPOINTMENT:

We take referrals from your physician. Therapy prescriptions can be faxed or delivered in person. We offer prompt scheduling.

Where you receive your physical therapy is entirely your choice once you have a physician prescription. Let us earn your business and partnership on your road to recovery.

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HOURS OF OPERATION:

Monday-Friday
7:30 a.m. until 6:00 p.m.

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PAYMENT:

The Physical Performance Center accepts a wide-range of insurance providers and participates with the Norman Physician Hospital Organization (NPHO) plan. As a service, we work to pre-authorize your treatment; however, you are ultimately responsible to know the limitations and exclusions of your insurance plan.

PHYSICAL PERFORMANCE CENTER



Norman Regional
HEALTH SYSTEM



Advanced, specialized rehabilitation services.

The Physical Performance Center offers advanced, specialized rehabilitation services from a highly trained and experienced staff.

Our therapists, in close partnership with the patient and physician, develop goals that align with the patient's physical, personal and lifestyle needs.

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WE ARE CONVENIENTLY LOCATED AT:

724 24th Avenue NW
Norman, OK 73069
405.447.1571

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Therapy services are also available at our Moore Medical Center clinic (700 S. Telephone Road, Moore, OK). For more information please call 405.912.3055.



Experienced Professionals

The Physical Performance Center staff includes licensed Physical Therapists, Physical Therapy Assistants, Occupational Therapists, and Speech and Language Pathologist.

ALL STAFF PARTICIPATE IN CONTINUING EDUCATION AND REMAIN HIGHLY SKILLED IN MANUAL THERAPY, EXERCISE TECHNIQUES, WOUND CARE, AND OTHER TREATMENT OPTIONS. IN ADDITION, THE CENTER IS ALSO A CERTIFIED SITE FOR THE GRASTON TECHNIQUE AND INTERACTIVE METRONOME.

All direct patient care is provided by licensed therapists in order to assure maximum progress toward recovery.



A full range of services.

SPORTS REHABILITATION

(for recreational or competitive athletes)

- Preventative exercise options and care
- Post-injury care
- Acute injury treatment with ongoing strengthening and conditioning
- Core Strengthening

ORTHOPEDIC REHABILITATION

- Pre and Post surgical rehabilitation
- Spinal stabilization program

AQUATIC THERAPY

(kept at 88 degrees F for your comfort)

A large, 22 x 40 foot therapeutic pool with easy walk-down access, offers a wide-range of therapy options:

- Shallow and deep water exercise programs
- Arthritis Foundation Exercise Classes
- Progressive aquatic conditioning

SPEECH THERAPY

- Voice Therapy
- Swallowing Therapy including VitalStim
- Aphasia and Cognitive Therapy for Stroke and TBI patients