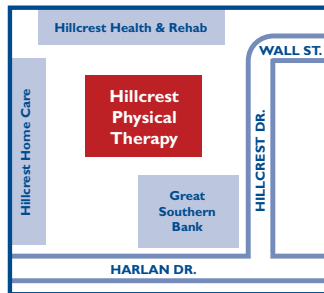
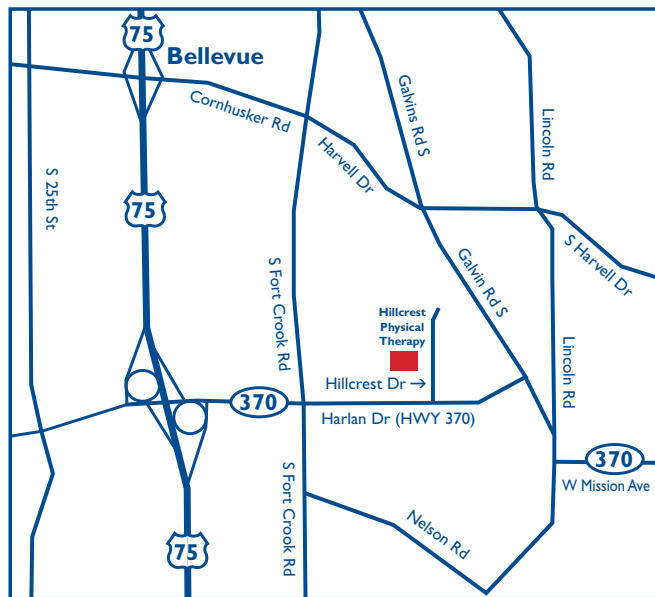




When recovering from an illness, injury or pain, you want to get back to normal again as quickly as possible. Hillcrest Physical Therapy (HPT) offers the region's most complete range of rehabilitation services to help get you there.

Many people – even medical professionals – think that therapy is the same no matter where you go. Not true!

Outpatient therapy clinics vary widely in their therapists' credentials and experience as well as the technology and equipment offered. These differences can truly affect the timing and effectiveness of your recovery.



*Reserved parking next to our accessible front entrance.*

### Hillcrest Physical Therapy

is located at 1804 Hillcrest Dr. in Bellevue, just behind Great Southern Bank at the corner of Harlan Dr. (Hwy 370). From Hwy 75, take the exit for Hwy 370/Bellevue and travel East; turn left on Hillcrest Dr. For other directions, please call **(402) 682-4210**.



1804 Hillcrest Drive  
Bellevue, Nebraska 68005

office: **(402) 682-4210**  
fax: (402) 682-4256

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**Outpatient Physical, Occupational & Speech Therapy**



*Offering Excellence  
in Recovery*

## Why Choose Hillcrest?

- We treat all ages and conditions and work with your physician to determine the best plan of care for your speedy recovery
- You'll receive individualized attention from fully licensed therapists, not therapy aides, to ensure the best results possible
- Our freestanding 5,000 sq. ft. gym offers state-of-the-art wellness and therapy equipment, a walking track, massage suite and more
- We offer personalized Aquatic Therapy in our soothing therapy pool



### OUR SPECIAL CREDENTIALS

Hillcrest's therapists are some of the most credentialed in Nebraska and most have worked with us for more than five years. Our team's advanced certifications and experience include:

- Hand Therapy
- Aquatic Therapy
- Balance and Fall Risk Reduction Program
- Women's Health Services
- Lymphedema Management
- Spinal Rehab
- SaeboFlex Arm Training Program
- VitalStim® Swallowing Therapy
- Total Joint Replacement Rehab
- Osteoporosis Program
- Sports Related Injury Therapy
- Stroke and Neurological Rehab
- Arthritis Treatment

### ADDITIONAL SERVICES

We offer a unique **Seniors Wellness Program** for those adults who wish to enhance their health through regular exercise in our gym.

We also have a massage therapist on staff offering a variety of massage services to meet your individual needs. Please call **(402) 682-4210** for details.

### START YOUR RECOVERY NOW

Whether you're recovering from an injury or surgery, or just looking to improve your mobility and function, don't wait to schedule your first appointment.

The sooner you call, the sooner we can help start your recovery. If your treatment is covered by insurance or Medicare, we'll even call your physician for a prescription and handle the insurance verification process.

It's time to get back to the golf course, gardening, walking, playing with your children or grandchildren and simply doing the things you love to do!

