

Physical Therapy Clinic at Kennedy Krieger Institute

Who We Are

The Physical Therapy Clinic at Kennedy Krieger Institute provides a full range of comprehensive and specialized physical therapy services to patients recovering from injuries and developmental disorders. Our team helps thousands of individuals participate more fully in activities designed to increase independence, develop and enhance functional skills, and accelerate progress, such as sitting, changing positions, walking, and engaging in leisure and sport activities.

Who We Serve

We see children and young adults with a wide variety of rehabilitative challenges in an outpatient setting, enabling them to be more successful and independent at home, at school, and in their communities. We work with individuals who have a wide range of diagnoses and disorders, including:

- Autism spectrum disorder
- Bone and orthopedic disorders and injuries
- Brain injury
- Cerebral palsy
- Coordination disorders
- Developmental disorders
- Down syndrome
- Movement disorders
- Multiple sclerosis
- Pain disorders
- Plagiocephaly
- Spina bifida
- Spinal cord injury
- Torticollis

Our Team

We have a dedicated staff of physical therapists with expertise in assessing and treating neurodevelopmental and musculoskeletal disorders that limit an individual's ability to participate in daily



activities, movement, and functional mobility. Our team works with other Institute disciplines, including occupational therapy, speech, behavioral psychology, nutrition, neuropsychology, neurodevelopmental pediatrics, and orthopedics, to create individualized treatment plans for each patient. These specialists collaborate to ensure coordination of care and convenience for families. The physical therapists also provide consultative services to a wide variety of clinics here at the Institute.

We are all born with great potential.
Shouldn't we all have the chance to achieve it?



For more information, visit kennedykrieger.org or call 888-554-2080.

Our therapists are trained and certified in a variety of specialties, including:

- **Aquatic therapy**, which uses the effects of water to help patients move, walk, and strengthen their bodies
- **Casting and bracing** to increase joint mobility and stability when standing and walking
- **Electrical stimulation**, which uses electrical current to stimulate muscles and nerves to strengthen muscles and improve mobility, flexibility, and range of motion
- **Locomotor training**, which improves walking by using body weight support over a treadmill system or the ground, in combination with manual assistance by specially-trained physical therapists
- **Cranial therapy**, a hands-on technique used to change the structure of the body for babies with torticollis
- **Manual therapy**, which helps improve range of motion of joints, reduce pain, and promote relaxation
- **Neurodevelopmental treatment** for patients who have difficulty controlling movement because of neurological challenges, such as cerebral palsy
- **Therapeutic taping**, which uses various taping techniques to provide joint support and muscle re-education

Our Approach

The Physical Therapy Clinic uses a comprehensive and interdisciplinary approach based on individual treatment goals. Our team uses a range of therapeutic exercise modalities, devices, and procedures to improve muscle strength, range of motion, posture, balance, and coordination.

The clinic offers both traditional and short-term intensive treatment, based on individual goals.

- **Traditional therapy:** Many patients with developmental disorders and injuries require traditional physical therapy to assist with improved function, walking, mobility, or flexibility, and often visit the clinic on a weekly basis for a specified period of time.
- **Short-term intensive therapy:** The clinic also works with patients who require more intensive, short-term therapy to work on a specific goal, such as transitioning from a walker to crutches. These patients typically receive physical therapy for one to three hours a day, three to five days a week.

Other Services Offered

- Consultative evaluations
- Recommendations for home programs
- Recommendations and training for patients, family, and caregivers in using specific equipment and devices, and to promote orthotics

Our Facilities and Equipment

The Physical Therapy Clinic is located in our state-of-the-art Outpatient Center. The 2,400-square-foot physical therapy gym is a spacious, light-filled environment featuring the latest rehabilitation technologies, including a split treadmill that allows therapists to control the direction and speed of each side of the body, which helps retrain nerves and the brain to help patients walk.

We also offer:

- A therapy garden, which features several outdoor spaces where patients can work on their goals. The rooms provide natural surfaces and challenges, including gravel, curbs, and grass, to help patients practice navigating different terrains. The garden is also a place for rest and relaxation.
- Our aquatherapy center, which offers a unique opportunity for patients to escape the limitations of gravity as they learn new skills and undergo therapy. Two pools are equipped with underwater treadmills, video systems, sensory temperature controls, and hydraulic lifts that allow the floors to be raised and lowered for easy access by patients in wheelchairs and to accommodate individuals of various heights.

Contact Information

Physical Therapy Clinic at Kennedy Krieger Institute

For more information or to schedule an appointment, please call 443-923-9400, or toll-free at 888-554-2080.

TTY: 443-923-2645 or Maryland Relay 711
kennedykrieger.org

Physicians & Healthcare Professionals

To make a referral, call our Physician Referral Line at 443-923-9403.

Clinic Location:

801 North Broadway
Baltimore, MD 21205

Mailing Address:

707 North Broadway
Baltimore, MD 21205

Kennedy Krieger Institute recognizes and respects the rights of patients and their families and treats them with courtesy and dignity. Care is provided in a manner that preserves cultural, psychosocial, spiritual and personal values, beliefs, and preferences. We encourage patients and families to become active partners in their care by asking questions, requesting resources, and advocating for the services and support they need.



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