

Physical Therapy

Orthopaedic Team Rehabilitation provides care best suited to patients, NOT insurance companies. Our standards of care assure you receive the highest possible quality of care and optimized outcomes by:

- ✓ Customizing each plan of care based on clear, measurable goals.
- ✓ Insuring patients receive consistent care by seeing the same physical therapist each visit whenever possible.
- ✓ Increase treatment plan compliance by utilizing patient feedback tools and consistent follow-up communication directly with the treating therapist.
- ✓ Timely physician follow-up to document results and progress.
- ✓ Post-rehab follow-up to help each patient avoid setbacks and promote continued independence.



Facilities are spacious and clean. Equipment is well-maintained. Staff is well trained and experienced.



Pilates Incorporated Into Your Program

Pilates exercises develop the body through muscular effort that stems from the core. The technique cultivates awareness of the body to support everyday movements. Pilates benefits include:

- ✓ Improved posture and balance.
- ✓ Increased core strength.
- ✓ Improved flexibility.
- ✓ Increased bone density and respiration.
- ✓ Expands body-mind awareness and connection.
- ✓ Beneficial to fitness advocates and athletes alike.



Integrate Pilates into your rehabilitation. Safely train to improve strength, flexibility, and range of motion for your particular sport.

Orthopaedic Team Rehabilitation
PHYSICAL THERAPY



Melissa Orille received her Doctorate of Physical Therapy Degree from Oakland University in 2006. Since 2013 she has been developing a subspecialty interest in operative and non-operative shoulder and knee rehabilitation.

Dr. Melissa J. Orille, DPT, Owner & Founder

She provides care to trauma, acute and over use sports injuries, as well as nonoperative rehabilitation for various degenerative arthritis conditions.

Dr. Orille has assisted in the development of treatment protocols with orthopedic surgeons which have been recognized nationally.

Dr. Orille is also a Nationally Certified Pilates instructor and is certified to instruct on all Pilates apparatuses. Melissa enjoys instructing and incorporating Pilates principles into her rehab treatment plans to increase flexibility, stability, strength and endurance.

She is also a former national and international professional competitive ballroom dancer and enjoys teaching a variety of partner dances to individuals of all ages, a skill set that compliments her clinical abilities.

Conditions Treated:

- Orthopedic conditions, pre & post-surgical rehab.
- Osteoarthritis.
- Spine-related conditions (neck, low back, thoracic/rib pain, and spine-associated arm or leg pain).
- Sciatica, radiculopathy, and other nerve injuries.
- Balance and fall prevention.
- Total joint replacement (knee, hip, shoulder).
- Acute and chronic pain conditions.
- Tendonitis / bursitis.
- Sports and fitness-related injuries.

Team Approach:

Our facility offers a team approach to your individualized Plan of Care. We facilitate communications between you, your health care provider and your therapists.

Book your assessment today at PTbyOrthoTeam.com/appointments or call (586) 933-5200

Orthopaedic Team Rehabilitation Physical Therapy, 28001 Schoenherr Road, Suite 6, Warren, MI 48088

Insurance

We accept insurance plans including:*

- ✓ Blue Cross Blue Shield
- ✓ Priority Health
- ✓ Medicare
- ✓ Workman's Comp
- ✓ Auto
- ✓ United Health Care

In some circumstances when transportation can't be obtained, and when determined to be a medical necessity, we will assist in arranging transportation, subject to availability and payment authorization.



*If your insurance is not listed above or you would like assistance with arranging transportation, please call (586) 933-5200.

Appointments & Directions

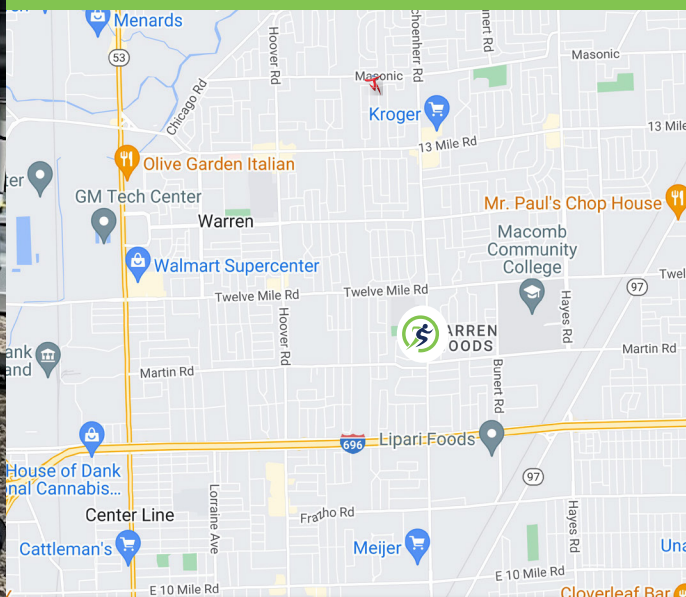
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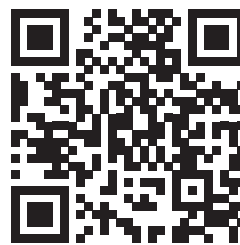
Physician referral NOT required to begin therapy!



Hours:

Monday: 7AM - 7PM
Tuesday: 7AM - 7PM
Wednesday: 7AM - 7PM
Thursday: 7AM - 7PM
Friday: 7AM - 5:30PM

PTbyOrthoTeam.com/appointments



[BOOK ONLINE](http://PTbyOrthoTeam.com/appointments)

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Excellence In Physical Therapy



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Just Pilates at Orthopaedic Team Rehabilitation

For people looking for independent Pilates sessions in a safe, medically supervised environment. Call for details.



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