

INSURANCE INFORMATION

Most government and commercial insurances are accepted including:

- Medicare
- Medical Assistance
- Carefirst
- United
- Tricare
- Workers Compensation
- Auto Injury
- Aetna
- Cigna
- MDIPA
- MAMSI
- Optimum Choice
- Kaiser Permanente
- Unicare
- Alliance OneNet
- Priority Partners
- Maryland Physician Care
- Amerigroup

Some insurance companies require a physical therapy referral. Please obtain a referral from your physician or health-care provider. We will obtain your physical therapy benefits' information prior to your evaluation.

DIRECTIONS

Gambrill's Physical Therapy, LLC

is conveniently located in Gambrill Center, at the base of Gambrill State Park in Western Frederick County just outside of the city.

From Frederick City

Take Rt. 40 West. Proceed 3 miles West from the Golden Mile. We are located on the right.

From Middletown

Proceed East on Rt.40A. Turn Left onto Ridge Road. Go to end. Turn Right onto Rt.40. Proceed .5 miles. We are located on the left.

From Hagerstown/Myersville

Take Rt. 40 East. Proceed 5 miles past Myersville. We are located on the left.



GAMBRILL'S
PHYSICAL THERAPY

OFFICE HOURS

Monday - Friday

Evening hours available

7817 Baltimore National Pike, Suite A

Frederick, MD 21702

Phone (301) 473-4065 Fax (301) 473-4085

Email: gambrillspt@comcast.net

FOOT AND ANKLE REHABILITATION



GAMBRILL'S
PHYSICAL THERAPY

*Relieving Pain
and Restoring Function*

THE FOOT AND ANKLE COMPLEX

The foot has 26 bones, 33 joints, 107 ligaments and 19 muscles and tendons. The foot and ankle move together to assist you in all functional weight bearing activities. It does not matter if a person is walking, running, dancing or simply standing still; the foot and ankle joints & muscles must be in good working order to perform properly. Millions of Americans suffer foot and ankle injuries every year, and numerous others suffer from knee, hip or back pain that can be attributed to poor foot and ankle mechanics. Many foot and ankle injuries or dysfunctions can be difficult to assess and treat due to the complex nature of the foot/ankle. Physical therapists are highly educated and trained to assess and treat foot and ankle injury. Common foot and ankle diagnoses may include the following:

- Ankle sprain
- Plantar fasciitis
- Ankle/foot fracture
- Pes cavus/Pes planus foot deformities
- Achilles tendonitis
- Calcaneal apophysitis
- Heel pain
- Post-op treatment for foot/ankle surgeries

HOW WILL PHYSICAL THERAPY HELP?

Physical therapists are trained in helping restore normal function in people's musculoskeletal systems. The physical therapist has a good working knowledge of the anatomy, mechanics, interactions and processing of the musculoskeletal system in the foot and ankle region.

To regain an individual's function, the physical therapist may use therapeutic modalities and manual therapy for muscles and joints. Each person is given an individualized and unique program for therapeutic exercises which is progressed and properly administered by the therapist. Therapy's goal is to achieve the appropriate strength and coordination needed to perform one's normal activities. When treating the foot and ankle, the physical therapist also assesses the individual's walking or gait. The way a person walks can tell a great deal about how the foot and ankle is working. Another treatment physical therapists use are orthotics. Orthotics are devices used for supporting and protecting certain areas of the foot and/or ankle. The proper fitting of orthotics can be a complex task. Dependent on the individual case, the fitting of orthotics may require taking certain measurements and creating a slipper cast of the patient's foot while some individuals may be suitable for an off the shelf orthotic or pre-fabricated orthotic.

Gambrill's Physical Therapy offers exceptional services in assessment and treatment of foot and ankle conditions by physical therapist, Keith Zurbuch, PT COMT CSCS. Keith has practiced in hospitals, rehab centers and orthopedic clinics for over 15 years as well as completed extensive continuing education in rehabilitation of the foot and ankle. Keith received his PT degree at the University of Buffalo in 1998 and is currently adjunct faculty member at UMBPTRS as well as co owner of Gambrill's Physical Therapy.

