

THE HUMAN MOTION INSTITUTE AT CROZER-KEYSTONE HEALTH SYSTEM



About Us

The Crozer-Keystone Human Motion Institute is a comprehensive program of musculoskeletal services provided across the health system. Services include surgery, therapy, education, medical management and more.

Our goal is to return our patients to normal function as quickly and safely as possible. To reach this goal, the medical professionals at the Human Motion Institute enlist a comprehensive, leading-edge approach to the prevention, assessment, treatment and rehabilitation of musculoskeletal injuries. Our talented team of medical professionals works with each patient and their primary care physician to develop a treatment plan specifically for that patient. By combining clinical experience with a compassionate, caring treatment philosophy, we have created a program known for its quality of care.

Our qualified staff have experience in the following areas: orthopedics, sports medicine, physiatry, rehabilitation, rheumatology, neurosurgery and podiatry. Whenever possible, our physicians prefer nonsurgical solutions. If surgery is the right solution, the Human Motion Institute physicians have the skills and training that you can be confident in. Regardless of your needs, the Crozer-Keystone Human Motion Institute has the ability to treat a wide range of musculoskeletal conditions.

See reverse for specific services offered ▶

Musculoskeletal Care You Can Trust

For generations, families in Southeastern Pennsylvania have relied on Crozer-Keystone's experienced teams of musculoskeletal specialists for high-quality care. Crozer-Keystone Health System's Human Motion Institute offers care at the following facilities:

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE

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CROZER-CHESTER
MEDICAL CENTER

Crozer Outpatient Center for
Therapy and Sports Medicine
One Medical Center Boulevard
Upland, PA 19013
(610) 447-2434

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE

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DELAWARE COUNTY
MEMORIAL HOSPITAL

DCMH Outpatient Center
for Therapy and Sports Medicine
1500 Garrett Road
Upper Darby, PA 19082
(610) 284-8460

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE

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SPRINGFIELD HOSPITAL

Springfield Healthplex Outpatient Center
for Therapy and Sports Medicine
190 West Sproul Road
Springfield, PA 19064
(610) 328-8800

CROZER-KEYSTONE
HUMAN MOTION INSTITUTE

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TAYLOR HOSPITAL

Taylor Made Outpatient Center
for Therapy and Sports Medicine
Route 420 and Second Avenue
Folsom, PA 19033
(610) 237-9993

For questions or a prompt appointment, call 1-877-CK-MOTION (1-877-256 6846)
<http://ckhshmi.crozer.org>



Joint Replacement & Reconstruction

At the Human Motion Institute, we apply our clinical experience to establish an accurate diagnosis quickly and develop a plan of care that fits the needs of each patient suffering from joint pain or discomfort.

Our coordinated approach to joint surgery produces outstanding clinical and patient satisfaction results. This integrated process enables our clinical team to properly evaluate a patient's condition and prepare them mentally and physically for their procedure. Then, we continuously monitor and manage their entire pre- and post-surgical performance and progress. This full-service solution, which integrates the patient's primary care physician and surgeon with our clinical support staff, is designed to return our patients to maximum function as quickly and safely as possible.



Sports Medicine

Injuries that occur during or related to athletic pursuits have become common among today's active population. At Crozer-Keystone's Human Motion Institute, our philosophy is to provide all athletes—professional and recreational—with the same

high-quality level of care. Our dedication to keeping athletes and active adults healthy is evidenced by the comprehensive nature of our programming.

In addition to providing specialized assessment and treatment for sports-related injuries, our clinical team is also actively involved in educating our area's athletes, coaches, and parents about injury prevention and recognition. We believe that educational programming and community service are integral to our—and your—success. By providing programs to the community that teach proper strength building, flexibility, conditioning, endurance, and training techniques, we can help to minimize the risk of injury.



Hand and Upper Extremity

This area of the human body is uniquely complex and includes the joints, bones and muscles of the fingers, hand, wrist, arm, elbow and shoulder. Its intricate and mobile design, together with the use and abuse sustained each day, can make this part of

the body highly susceptible to injury.

Evaluation, treatment and rehabilitation of the hand require a special skill set. The staff of the Human Motion Institute work together to diagnose and effectively treat pain and injuries, and to make sure that the recovery process is as quick and effective as possible.



Rehabilitation

Rehabilitation is a comprehensive program designed to restore normal strength, motion and flexibility, and to reduce pain from an injury or musculoskeletal problem.

Rehabilitation also includes education on injury prevention.

We employ a variety of techniques, including modalities for pain management (e.g., electrical stimulation, and heat or cold) and exercise and education. The physicians and rehabilitation therapists included in the Department of Physical Medicine and Rehabilitation at Crozer-Keystone's Human Motion Institute devote their efforts toward achieving optimal function for every patient.

We specialize in the treatment of neurological and musculoskeletal disorders, including pre- and post-operative care programs.



Spine Care

Taking care of an injured neck or back is more than making a diagnosis. It is the skilled hands-on evaluation and appropriate diagnostic testing that determines the best overall plan of care.

Eight of 10 Americans will experience a lifestyle-altering episode of back pain at some point in their lives. Ninety percent of single episodes of back pain become recurrent. While certain diseases and traumatic injury can cause back pain, research shows that the most common causes of back pain or injury are poor physical condition, poor posture, improper body mechanics, or the prolonged repetitive use of incorrect bending or lifting techniques. At Crozer-Keystone's Human Motion Institute, preventing and providing relief for back pain and spinal disorders is one of our specialties.



Foot and Ankle

The specialists of Crozer-Keystone's Human Motion Institute are trained to correct foot and ankle problems and pain. We use a variety of assessment and treatment tools, including the latest technological advancements, to establish an accurate diagnosis

quickly and develop a plan of care that fits the needs of each patient suffering from foot or ankle pain.



**1-877-CK-MOTION
(1-877-256-6846)**

We're 5 hospitals, 2,600 doctors and nurses, and 7,100 caring people with 1 vision. Crozer-Keystone. Something to feel good about.

"Crozer-Keystone physicians" are those doctors who hold staff privileges at CKHS-owned hospitals. They may not be employees of CKHS or its subsidiaries.