

## **Physical Therapy, Midtown Center and Club Rec**

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Veterans will need a referral to receive services.

Family

No

Intake Process

Call for information and an appointment.

Intake Contact Telephone

(804) 764-1000

Provider Refer

Yes

Report Problems

Call the Agency

Self Refer

Yes

Sheltering Arms Physical Rehabilitation Centers

<https://www.shelteringarms.com>

<https://www.shelteringarms.com/physical-therapy-clinics/>

<https://www.facebook.com/shelteringarms/>

<https://twitter.com/SheltArmsRehab>

Rehablog <https://www.shelteringarms.com/about-us/rehablog/>

Main

(804) 764-1001

Toll-Free

(877) 567-3422

2805 West Broad Street

23230 VA

United States

Monday: 8:00 am-4:30 pm

Tuesday: 8:00 am-4:30 pm

Wednesday: 8:00 am-4:30 pm

Thursday: 8:00 am-4:30 pm

Friday: 8:00 am-4:30 pm

Saturday: Closed

Sunday: Closed

Fee Structure

Call for Information

Payment Method(s)

Private Insurance

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Medicaid

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Medicare

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Tricare

Languages Spoken

English

Physical therapists encompass a wide range of specialties, including both orthopedic and neurological conditions, as well as women's health and industrial rehabilitation.

Sheltering Arms physical therapists research the latest advancements in rehabilitation and offer breakthrough technology and treatment programs to help you achieve the most thorough recovery possible.

Depending on your specific needs, a physical therapy program may consist of several types of treatments, including, but not limited to:

- Acupuncture,
- Aquatic Therapy,
- Aerobic Activities,
- Balance and Vestibular Therapy,
- Dry Needling,
- Edema (swelling) Control,
- Electrical Stimulation,
- Floor & Plyometric Exercises,
- Manual Therapy,

- Motion and/or Gait Training,
- Stabilization Exercises,
- Ultrasound,
- Weight Training.

Service Area(s)

Amelia County

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Brunswick County

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Caroline County

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Charles City County

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Charlottesville City

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Chesterfield County

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Colonial Heights City

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Cumberland County

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Dinwiddie County

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Essex County

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Fredericksburg City

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Gloucester County

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Goochland County

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Greensville County

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Hampton City

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Hanover County

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Henrico County

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Isle of Wight County

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James City County

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King George County

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King William County

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King and Queen County

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Lancaster County

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Louisa County

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Mathews County

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Mecklenburg County

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Middlesex County

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New Kent County

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Newport News City

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Norfolk City

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Northumberland County

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Nottoway County

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Petersburg City

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Powhatan County

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Prince Edward County

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Prince George County

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Richmond City

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Richmond County

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Southampton County

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Spotsylvania County

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Stafford County

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Sussex County

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Virginia Beach City

,

Westmoreland County

Email

[info@shelteringarms.com](mailto:info@shelteringarms.com)