

FHN Orthopaedic, Rehabilitation and Sports Medicine Services

For your active life



We're here. For you.

FHN

A Brand New Day

Whether you need treatment for a broken bone, arthritis or a sports injury, FHN Orthopaedics and Sports Medicine is here to care for you and get you back to your regular activities as quickly as possible.

Orthopaedics

Orthopaedics is the diagnosis, medical or surgical treatment and prevention of diseases or injuries of the bones, joints, spine and muscles. Our Orthopaedic team offers surgical and non-surgical treatments for degenerative joint disease, fractures, arthritis, and musculoskeletal problems, and we will work with you to empower you to make informed decisions about your treatment.



Therapy may include exercises, video or bedside swallow evaluation or training in communication strategies.

Sports Medicine

FHN offers a wide selection of training for the treatment or prevention of athletic injuries. Our Standard and Elite Performance Enhancement Programs are designed to enhance athletic performance and reduce the risk of injury through a proven progression of plyometrics (exercise using explosive movements such as jumping) and weight training. We also offer individual personalized training, Saturday walk-in sports injury clinics, olympic weight lifting, personal training for weight management, athletic training coverage for area schools sporting events and weight control/pediatric obesity management.

From sports medicine to physical therapy to total joint replacement our goal is to help you enjoy your active lifestyle for all of your life.





FHN Orthopaedics and Sports Medicine offers a wide variety of services including Orthopaedic diagnosis, treatment and surgery, rehabilitation services, as well as a full range of sports medicine-related capabilities.

FHN Joint Club

FHN developed the Joint Club to provide a comprehensive and planned course of recovery for your total joint replacement. In the hospital, Joint Club members rehabilitate from surgery together along a prescribed course of recovery. Your membership in the FHN Joint Club is for life, and its only dues are the requirement that you get out and use your new and restored joint to enjoy your life.

Occupational Therapy

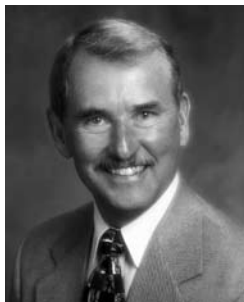
Occupational therapy at FHN provides education and recommendations for safe and functional independence in the home or workplace. Our treatment programs consist of hand therapy custom splinting, aquatics and pediatrics. Your unique customized treatment plan is aimed at improving your ability to carry out the activities of daily life, such as bathing, dressing, feeding, functional mobility, homemaking and community tasks and even working-related tasking. In addition to our Freeport location, we also offer Occupational Therapy services at FHN Family Healthcare Center – Mt. Carroll.

Physical Therapy

Physical therapy can help you achieve your optimal independence, restore function following disease or injury and prevent disability. Treatment programs include functional capacity evaluation, work conditioning and hardening, aquatics and pediatrics. Based on your needs, therapy may include range of motion and strengthening exercises, balance education, modalities for pain, lymphedema management, wound care and home and work evaluations. In addition to our Freeport location, we also offer Physical Therapy services at FHN Family Healthcare Center – Mt. Carroll and Warren.

Speech Therapy

Speech therapy can help you achieve your optimal independence through the treatment of communication (speech, language and cognition) and swallowing disorders. Treatment programs are individualized to you and your abilities in order to maximize your communicative and swallowing skills.



Dr. Larry Brinkman



Dr. Kevin Draxinger



Dr. John Gluscic



Phil Stiles, PA

FHN Orthopaedics

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