

## First Visit and Therapy Expectations

Our job begins well before you arrive for your first appointment. From gathering referral information, verifying insurance coverage, to convenient scheduling, our staff covers the bases to ensure a worthwhile first visit. Upon arrival, the patient goes through a brief check-in process followed by a thorough initial evaluation performed by a licensed therapist.

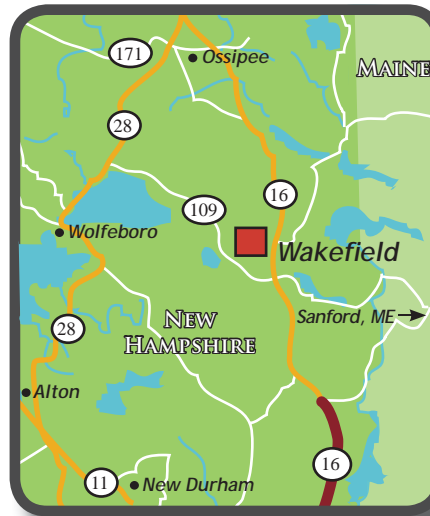
During the evaluation the therapist gathers information to create a plan of care specifically for you. Our therapists use up-to-date techniques and state-of-the-art equipment to treat your injury. We also spend time educating each person about their diagnosis, teaching them exercises they can do at home, and providing information to prevent future injury.

## Insurance

Rehab 3 at White Mountain Medical Center is a participating provider with most insurance companies. For more information about insurance coverage, please contact us directly.

## Financial Assistance

At Rehab 3 we aim to make medical care available to all patients regardless of their financial means. To do this we offer our Financial Assistance Program to ensure everyone who qualifies has access to the care they need. Please contact our facility to find out how to get started.



Rehab 3 at White Mountain  
Medical Center  
2531 White Mountain Highway  
Sanbornville, NH 03872  
Ph: 603-522-6184  
Fx: 603-522-3829



[www.rehab-3.com](http://www.rehab-3.com)

White Mountain Medical Center  
Wakefield

Rehab 3  
One High Standard. Three Local Partners.



[www.rehab-3.com](http://www.rehab-3.com)

## Location and Expertise

Located at the gateway to the White Mountains, Rehab 3 at White Mountain Medical Center is situated in an area that is both convenient and accessible from many directions.

As an affiliate site of Frisbie Memorial Hospital our facility offers access to many resources that allow us to provide the highest level of care to the people of Carroll and Northern Strafford Counties. Our therapists, with many years of experience and expertise, specialize in outpatient orthopedics and sports, spine care, and hand therapy. Our facility offers convenience and easy access while our therapists offer years of hands-on knowledge to help get you on the road to recovery.



## Rehab 3

A partnership between Frisbie Memorial Hospital, Marsh Brook Rehabilitation Services, and Wentworth-Douglass Hospital, Rehab 3 offers comprehensive and coordinated rehabilitation programs and services. By using proven rehab protocols and up-to-date treatment techniques throughout the network, our patients have the convenience to choose between one of our many locations for their physical, occupational, or speech therapy. In an increasingly complex health care system we are working together to simplify the rehabilitation process and help our patients achieve their best possible outcome.

## Programs and Services

Rehab 3 at White Mountain Medical Center has experienced rehabilitation professionals at our convenient location. Our professionals include physical therapists, athletic trainers, occupational therapists, and Certified Hand Therapists. Services include:

	Physical Therapy	Occupational Therapy
Orthopedic Rehab	X	X
Post-Surgical Rehab	X	X
Hand Therapy		X
Spine Care & Education	X	
Manual Therapy	X	X
Neurologic Rehab	X	X
Pain Management	X	X
Splint Fabrication		X

*A compassionate caring approach, innovative programs, current treatment protocols, and strategic relationships have put us at the forefront of patient care.*

## What makes us different?

A strong commitment by Frisbie Memorial Hospital to the community affords Rehab 3 the opportunity to carefully invest necessary resources toward meeting the rehab demands of our region. The result has been the development of innovative programs in advanced orthopedics and sports, and post-surgical protocols aimed at safely returning our patients to their previous level of function.

*Our therapists make a difference in our patients' quality of life every day.*



*One High Standard, Three Local Partners*