



7 Convenient Locations

Shrewsbury

280 Boston Turnpike (Rt 9)
Shrewsbury, MA 01545
508-753-7780

Worcester Main Clinic

137 Gold Star Blvd.
Worcester, MA 01606
508-459-5000

Worcester Neuro/Balance Center

120 Gold Star Blvd.
(Next to Panera Bread)
Worcester, MA 01606
508-514-7800

Clinton

145 Church Street
(Next to Old Timer Pub)
Clinton, MA 01510
978-598-3155

Marlborough

435 Lakeside Avenue (Rt 20)
Marlborough, MA 01752
508-488-4110

Fitchburg

28 Ashby State Road
Fitchburg, MA 01420
978-400-3690

Aquatics

Central Community Branch YMCA
766 Main Street
Worcester, MA 01610
508-459-5000

Auburn

440 Washington Street (Rt 20)
Auburn, MA 01501
508-426-8066

Central Fax

508-459-5900



Fitchburg brought home the gold! Celebrating teamwork, fun, and the Olympic athlete spirit that drives the Greendale team every day.



A Message from Greendale Physical Therapy's Founder

Greendale is a Physical Therapist-owned practice. We aim to be one of the best providers of physical therapy in the country, and our superior outcomes continually prove that we are. We also strive to be a great practice for our team, one where therapists thrive, enjoy working with their patients and co-workers while growing professionally. We offer a culture that nurtures kindness, growth, and positivity. Our team has devoted time for learning and mentorship sessions, yearly onsite training, and frequent fun holiday contests. The team is comprised of experienced therapists to work with and from which to learn. Greendale's commitment to being the best and having a positive environment carries over into the care of our patients. We encourage people to Google our reviews – here you will truly see how we take care of our patients like Olympic athletes.

Team Member Profile

Jennifer Benedict, PT, DPT



Q. What do you enjoy most about working at Greendale?

A. I enjoy the autonomy of working at Greendale. My managers and executive staff give me space to practice,

but are very available if I have questions, concerns or feedback.

Q. What would you say about the new Neurological, Balance, and Vestibular Center?

A. I absolutely love working in the new Neurological, Balance and Vestibular Center. It is rare to find a practice in the Worcester area that has such a focus on the neurological population. Neuro practice is my first love in PT and being able to keep up my skills with that population while still in outpatient care is perfect for me.

Q. What would you say about the new orthopedic and sports clinic in Worcester?

A. I am newer to orthopedic and sports practice and I could not have a better clinic to learn from and be mentored by in than Greendale's new clinic. I really love the wide open floor plan, especially when I am working with patients on their walking or running activities. We are a very collaborative team with therapists and assistants working together on patient cases.

Q. You split your time between and orthopedic and neurological caseload. How has that been for you?

A. I enjoy splitting my time between the clinics! It helps me keep up my skills and maintain passion working with the neuro population, while increasing my knowledge and skill set in the orthopedic setting. It also lets me interact and connect with more of the Greendale Team!

Q. What things has Greendale offered you for further advancing your career?

A. Greendale has a stipend for continuing education that I have used to take orthopedic and vestibular continuing education courses. I have also recently accepted the position as GPTU coordinator, where I oversee the approval and management of Greendale's continuing education program. Greendale also offers in-house courses and a Greendale Pathways Program for 100% paid for CEUs.

Q. What is your favorite condition(s) or type of patient to treat?

A. The neurological population is my first love, so I do love to treat patients with Parkinson's disease, vestibular conditions and balance/falls patients. Since starting with my orthopedic practice too, I really enjoy working with patients with rotator cuff related shoulder pain.

Q. What can you say about the team that you work with?

A. The team at Greendale is very collaborative! We share many patients, so I am constantly in communication with my fellow therapists and assistants. Especially when I first started in the orthopedic clinic, my fellow therapists were very helpful answering any of my questions on best exercises for certain conditions.

Q. What can you say about the facilities you work in?

A. The facilities continually evolving as we grow as a practice. Management and our administrative team are always open to comments or suggestions on ways to improve our space to best care for our patients.

Q. How does Greendale compare to the last practice you worked at?

A. I was previously working at a rehabilitation hospital, so Greendale is a very different environment for me! I enjoy the autonomy I have, the ability to have flexibility in my schedule, less difficulty getting time off and more present management and administrative staff.

Leading the Field with Superior Outcomes

Greendale decided to take the initiative to become a leading practice and track our patient outcomes. This came with additional hardware investment, training, and time expenditure. Nonetheless, we were very pleased to find that in the measures we tracked (LEFS, DASH, Oswestry, and Neck Index) through several thousand assessments, our patients achieved better functional levels than the national average with all four measures. We will continue to track our outcomes and plan to use the data gathered to identify the best practices in the future.

	Quick Dash (Upper Extremity)		Lower Extremity Functional Scale		Oswestry Tendex (Low Back Pain)		Neck Disability Index	
		National		National		National		National
Initial	44.2	49.2	42.4	34.8	36.3	39.1	37.7	38.7
Completion of care	22.9	27.9	55.7	50.2	23.4	27.3	21.5	26.1
Difference	21.4	21.3	13.3	15.4	12.9	11.8	16.3	12.6
% Change	48.3	43.3	31.4	44.2	35.6	30.2	43.1	32.5

Join Our Team at Greendale Physical Therapy!



Are you a passionate physical therapist looking to make a difference in patients' lives? Greendale Physical Therapy, a physical therapist-owned practice, is expanding and seeking talented therapists to join our team, primarily at our two Worcester facilities. Our Orthopedic and Sports Center, housed in a new 5000 square foot facility, and our groundbreaking Neurological, Balance, and Vestibular Center, the first of its kind in Central MA, offer exciting opportunities for growth and development.

Why Choose Greendale Physical Therapy?

Patient-Centered Care: Embrace our 40-minute one-on-one treatment model, prioritizing individualized care for each patient.

Mentorship: Benefit from the guidance of over 40 skilled therapists in various areas with the guidance of your own Mentorship Advisor, ensuring personalized and tailored mentorship and support.

Company Culture: Enjoy clinic outings, competitions, and our annual company outing. Explore our vibrant culture on www.facebook.com/greendalept.

State-of-the-Art Facilities: Work in new, spacious facilities equipped with the latest tools and equipment.

Efficient Documentation: Utilize our time efficient EMR software with integrated AI scribe, Prompt, for streamlined documentation.

Education Benefits: Take advantage of our 100% paid education program Greendale Physical Therapy U. and 100% paid for CEUs through the Greendale Pathways Program.

How to Apply: If you're ready to join a great team at Greendale Physical Therapy at any of our locations, we encourage you to apply today! Visit us at www.greendalept.com/join-our-team or email suzanne@greendalept.com to see how you can join us in delivering exceptional care to our community.

Research

Greendale Physical Therapy was the first practice in the country to participate in a study done by Arcadia University and UMass Medical School on the effects of physical therapy after knee replacements.

Awards



Greendale has won many local readers' choice awards and has been recognized nationally with an honorable mention for ADVANCE Magazine's nationwide "Physical Therapy and Rehabilitation Practice of the Year" award.

Sports Rehabilitation

Greendale Physical Therapy is well known for its treatment of high level and professional athletes including current Baltimore Ravens Pro-Bowl fullback Patrick Ricard.





Join Our Team at Greendale Physical Therapy!

Per diem, part time, and full time positions may be available at the following clinics:

- Worcester – Sports and Orthopedic Clinic
- Worcester – Neurological, Balance, and Vestibular Clinic
- Shrewsbury • Marlborough • Clinton • Fitchburg
- Auburn

How to Apply

If you're ready to join a great team at Greendale Physical Therapy at any of our locations, we encourage you to apply today! Visit us at www.greendalept.com/join-our-team or email suzanne@greendalept.com to see how you can join us in delivering exceptional care to our community.



Scan Me!



GREENDALE
PHYSICAL THERAPY

280 Boston Turnpike
Shrewsbury, MA 01545

Exciting news! New Clinic!



Greendale Physical Therapy has opened a new clinic in **Auburn** on Rt. 20, led by **Rachel Downer, PT, DPT**. We're proud to bring **exceptional care** and a **state-of-the-art facility** to the **Auburn community!**