



## 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

### 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

Amanda Cote, PT, DPT

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***Q. How did you find out about Greendale as a place to practice?***

***A.*** I first heard about Greendale through a former classmate, she worked at the clinic and enjoyed her time here. Through some of my other jobs I also

met individuals who worked for Greendale, and spoke highly of the clinic.

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

***A.*** I have enjoyed many aspects of my time here at Greendale. I value the responsiveness of the leadership, and the level of caring and communication they provide with staff. I also enjoy the clientele, many have been attending GPT for their care for years. At Greendale there is a lot of education opportunities, I have already completed >22 CEU units since starting here.

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

***A.*** This clinic is going to grow into an invaluable part of the Central MA community. The Physical Therapists and PTA's who provide care here are incredibly talented and caring, they are providing person-centered care to each individual who walks through the door. The office team are patient and kind, and foster a team approach through the clinic. As we grow, this clinic is going to become a staple for the best Neurological rehab in the region.

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

***A.*** As mentioned earlier, the opportunity for the access to Continuing Education opportunities from the beginning has been amazing. The leadership has also been incredibly flexible with my schedule as I also am an Adjunct Professor at MCPHS University within the DPT program. As the semesters change, they have been supportive as I change my schedule.

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

***A.*** Post-Stroke recovery is my absolute favorite rehab to provide. The opportunity to progress someone to walk again, return to independence, and regain confidence is

phenomenal. I also enjoy working with individuals who are seeking Brain Injury Rehab, as well as working with individuals diagnosed with ALS or other Motor Neuron Dysfunctions.

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

***A.*** Each team member is passionate about providing the best care possible to each person. The PT's and PTA's who are in the Neuro clinic are personable, caring, professional, and creative allowing for excellent PT each day.

***Q. What can you say about the facility you work in?***

***A.*** Within the facility we have the opportunity to work together and collaborate due to the open nature of the space. The way the clinic is set-up maximizes the potential for multiple clients to be in the same area, doing different tasks, and still feel comfortable. Of note, the facility is currently undergoing a renovation and our waiting room is being expanded, with new doors put into place, to allow for accomodation of all individuals who come through the doors.

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

***A.*** My prior job was Corporate based, which limited the spending/investment within the Rehab department. Here at Greendale, since it is a Private Practice, Jon and Suzanne have been incredibly responsive and supportive with any equipment needs. Both Jon & Suzanne are PT's themselves and they show how much they care about their employees and patients.

***Q. Would you recommend Greendale as a place to practice and why.***





***A.*** I would recommend Greendale to any colleague! My experience changing jobs was more challenging than anticipated for personal reasons, however Jon and Suzanne took the time to check in with me and remained flexible and supportive throughout the process. Not only would Suzanne check in with me, she took the time out of her personal life to talk, which I think speaks volumes about the leadership she provides.

***Q. Anything else you would like to add?***

***A.*** There are so many positives about being a part of this company including: the continuing ed opportunities, the lecture series, the community outreach opportunities, as well as the opportunity for support in career advancement as well. I can see why people stay with Greendale for so long!

## 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 Disability 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 30 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](https://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, along with access to Medbridge.

**Student Loan Repayment Relief available!**

**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/team](https://www.greendalept.com/join-our-team/team) or email [suzanne@greendalept.com](mailto: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.





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**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

### 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/team](http://www.greendalept.com/join-our-team/team) or email [suzanne@greendalept.com](mailto:suzanne@greendalept.com) to see how you can join us in delivering exceptional care to our community.

**Sign on bonus/student loan relief available!**



**GREENDALE**  
PHYSICAL THERAPY

280 Boston Turnpike  
Shrewsbury, MA 01545

## Exciting news! 2 new Worcester Physical Therapy Facilities!



**New Neurological, Balance, and  
Vestibular Center**  
120 Gold Star Blvd.



**New 5000 square foot Worcester  
Sports and Orthopedic Center**  
137 Gold Star Blvd.