



## 6 Convenient Locations

### Shrewsbury

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

### Worcester

120 Gold Star Blvd.  
(Next to Panera Bread)  
Worcester, MA 01606  
508-459-5000

### 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

949-756-4811



*Greendale Physical Therapy Shrewsbury enjoying the festivities on St. Patrick's Day. They won the Green Pride facebook "like" competition!*



## 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

Fred Burke PT, MS, CFPS



***Q. How long have you been with Greendale?***

***A.*** I started in the Clinton office for three weeks prior to the shut down for Covid.

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

***A.*** I was familiar with the practice for a long time in both the Worcester and Shrewsbury locations when the Shrewsbury

facility was in the health club. I had friends and relatives that had been patients at the Shrewsbury facility.

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

***A.*** I enjoy working in a small setting that can be or receptive to both the patients and needs of the clinic.

***Q. How long have you been a AT and PT?***

***A.*** I was an AT from 1985-2000 and have been PT for 38 years.

***Q. What is the secret to longevity in the PT profession?***

***A.*** Taking continued learning and the realization that every patient presents a new and unique condition and requires a fresh look or approach.

***Q. What do you like to do in your spare time?***

***A.*** Mostly in my spare time I am involved in rowing, and running. I enjoy hiking and spending time on the Cape.

***Q. What is/are your favorite condition(s) to treat?***

***A.*** Primarily orthopedic and sports related injuries with increased emphasis.

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

***A.*** They are well educated highly motivated clinicians that make patient care their primary focus.

## About Greendale Physical Therapy

Since its inception in 2002, Greendale Physical Therapy has emerged as a leading care and rehabilitation provider in the central Massachusetts region and has treated tens of thousands of patients. We operate clinics in Shrewsbury, Worcester, Clinton, and Marlborough, with a team of over 20 therapists.

Our motto, *"You don't have to be an Olympic athlete to be treated like one,"* illustrates our commitment to ensure top-notch care for all of our patients. In addition to our focus on outpatient orthopedic physical therapy, we treat patients with various neurological conditions and offer vestibular physical therapy, aquatic therapy, and a fall prevention program. Our hands-on approach to care integrates manual therapy into the rehabilitation plan and daily treatments for most of our patients.

As a physical therapy-centered practice, we pride ourselves on direct patient care and attention to detail. Our



administrative expertise ensures that this aspect of the healthcare process is seamless and smooth for patients and doctors alike. We work hard to see new patients as quickly as possible—we don't want patients to have to wait for care when they are in pain.



# 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 Tindex (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

## Guiding Principle #2: Education and Mentoring are valued and fostered



Dr. Charles Inniss

Greendale has 10 Guiding Principles, and one of the Guiding Principles is that “Education and Mentoring are valued and fostered”. We do a lot for our team to help them develop both a high level of proficiency and competence, as well as maintain consistency with our treatment programs.

- **Mentoring** – Senior Therapists are available to all therapists who join Greendale Physical Therapy. Additionally, we have allocated time on Fridays at each of the clinics to share techniques and to learn from one another.
- **Greendale Physical Therapy U.** – This framework of courses that are available

- to therapists. Its purpose is to encourage learning new techniques, help you become more proficient in your skills, emphasize consistency of care among the whole team, and satisfy required CEU requirements. The culmination of this program is an OCS certification.
- **CEU Requirement Courses** – Greendale offers in-house and online training for our therapists and a limited number of therapists outside the company. We have an upcoming Zoom course by renowned wellness expert Charles Inniss, DPT, NBC-HWC entitled, *The Mentally Thriving PT*. This course will be eligible for CEU credits. To reserve a spot for this course contact [julie@greendalept.com](mailto:julie@greendalept.com).

## Research

Greendale Physical Therapy was the first practice in the country to participate in a study done by Acadia 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.



## 4 Easy Ways to Get Your Patients Olympic athlete level Physical Therapy

### 1) Central Fax

949-756-4811

Referrals to any of our clinics can be directly faxed to our central fax number.

### 2) Central Phone

855-459-5000

Reach any of our locations or administrative offices with this central phone number. New patient line is *option #2*.

### 3) Online Portal

Visit [www.greendalept.com](http://www.greendalept.com) to submit a secure request for an initial evaluation for any of our locations.

### 4) Business Cards

If you wish to have business cards to give to your patients, please contact [suzanne@greendalept.com](mailto:suzanne@greendalept.com).



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PHYSICAL THERAPY

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