

# Physical Therapy



NOTRE DAME  
WELLNESS  
CENTER



Comprehensive and convenient Physical Therapy services for full-time benefit-eligible faculty and staff and their dependents.

## Treatments and Services<sup>†</sup>

The Wellness Center treats a wide variety of musculoskeletal disorders ranging from mild sprains or strains to post-surgical rehabilitation. Some of our services include:

- Manual Therapy - includes soft tissue mobilization, joint mobilization, myofascial release, and trigger point release
- Therapeutic Exercises
- Neuromuscular Re-education
- Electrical Stimulation
- Ultrasound
- Iontophoresis
- Heat / Cold / Paraffin
- Mechanical Traction
- Post-surgical Rehab Protocols
- Patient Education
- Core Strength and Stability
- Epley's Maneuver for BPPV
- Craniosacral Therapy for Headaches



## Wellness Center Physical Therapy Staff:



**Bobby Rajkumar**  
Physical Therapist



**Peggy Thornton**  
Physical Therapy Asst.

## Convenient Hours and On-Campus Location

Located right on campus, the Wellness Center offers convenient physical therapy hours without the need to miss work.

### Hours:

Monday-Friday: 7 am to 7 pm  
\*Saturday: 8 am to 12 pm

\*Football weekends only: Closed Saturday, open Sunday 1 pm to 5pm

100 Wellness Center  
(corner of Wilson and Bulla)  
Notre Dame, IN 46556  
574-634-WELL (9355)  
[www.WellnessCenter.nd.edu](http://www.WellnessCenter.nd.edu)

## Post-Rehab Transition Assistance

Anxious about starting your own exercise regimen after rehab? Let us assist you in making a smooth transition from Rehab to General Fitness by working closely with the fitness centers on campus.

<sup>†</sup> Requires prescription dated within 30 days