

## Community Resource Guide

The following resources are presented for your information and support before and after your injury or surgery. These organizations are for your information only and do not represent an endorsement from Game Ready (CoolSystems, Inc.).

### PHYSICAL THERAPY

Physical therapy helps people with joint and soft tissue injuries such as fractures and dislocations; orthopedic conditions such as low back pain or osteoporosis; cardiopulmonary and circulatory conditions such as congestive heart failure and chronic obstructive pulmonary disease; connective tissue injuries such as burns or wounds; workplace injuries including repetitive stress disorders; sports injuries; and neurologic conditions such as stroke, traumatic brain injury, or Parkinson's disease.

It is important to know that in most states, physical therapy can be provided only by qualified physical therapists or by physical therapist assistants working under the supervision of a physical therapist. If your physician has not referred you to a physical therapist, some resources are listed below which you may find helpful for your rehabilitation.

#### Federation of State Boards of Physical Therapy (FSBPT)

124 West Street South, Third Floor • Alexandria, VA 22314  
Phone: 1.703.299.3100

To find a Physical Therapist in your area visit [www.fsbpt.org](http://www.fsbpt.org) or consider one of national resources below that may have facilities in your community:

#### NovaCare

4716 Old Gettysburg Road  
Mechanicsburg, PA 17055  
Phone: 1.717.972.1100  
[www.novacare.com](http://www.novacare.com)

#### Select Medical Corporation

(Parent of NovaCare and Select Physical Therapy)  
4716 Old Gettysburg Road  
Mechanicsburg, PA 17055  
Phone: 1.717.972.1100  
[www.selectmedicalcorp.com](http://www.selectmedicalcorp.com)

#### U.S. HealthWorks

25124 Springfield Court, Suite 200  
Valencia, CA 91355  
Phone: 1.661.678.2600  
[www.ushealthworks.com](http://www.ushealthworks.com)

#### Physiotherapy Associates

855 Springdale Drive, Suite 200  
Exton, PA 19341  
Phone: 1.610.644.7824  
Toll-free: 1.866.786.8482  
[www.physiocorp.com](http://www.physiocorp.com)

#### Select Physical Therapy

4716 Old Gettysburg Road  
Mechanicsburg, PA 17055  
Toll-free: 1.888.735.6332  
Patient Billing: 1.717.972.8199  
[www.selectphysicaltherapy.com](http://www.selectphysicaltherapy.com)

#### U.S. Physical Therapy

1300 West Sam Houston Pkwy South,  
Suite 300  
Houston, TX 77042  
Phone: 1.713.297.7000  
Toll-free: 1.800.580.6285  
[www.usph.com](http://www.usph.com)

### SURGERY

The letters "FACS" after a surgeon's name indicate that he or she is a Fellow of the American College of Surgeons (ACS). Fellows of the College are board-certified surgeons whose education, training, professional qualifications, surgical competence, and ethical conduct have been reviewed and evaluated prior to admittance and have been found to be consistent with the high standards of the American College of Surgeons. Not all surgeons are accepted into Fellowship in the College. The letters "FACS" after a surgeon's name indicate that the surgeon has submitted to a process to obtain voluntary credential and performance evaluation by his/her peers.

#### American College of Surgeons

633 N Saint Clair Street • Chicago, IL 60611-3211  
Phone: 1.312.202.5000 Toll-free: 1.800.621.4111

To find a Surgeon who is a member of the American College of Surgeons in your area visit [www.facs.org](http://www.facs.org) or call 1.312.202.5236 for a list of Fellows in your area.

## Orthopedic Surgeons

Orthopedic surgery is the medical specialty that focuses on injuries and diseases of your body's musculoskeletal system. This complex system includes your bones, joints, ligaments, tendons, muscles, and nerves and allows you to move, work, and be active.

An orthopedic surgeon is a medical doctor with extensive training in the proper diagnosis and treatment of injuries and diseases of the musculoskeletal system. An orthopedic surgeon has completed up to 14 years of formal education.

Orthopedic surgeons treat many musculoskeletal conditions without surgery, by using medication, exercise and other rehabilitative or alternative therapies. For most orthopedic diseases and injuries there is more than one form of treatment. If necessary, an orthopedic surgeon may also recommend surgery if you do not respond to other treatments.

## American Academy of Orthopaedic Surgeons (AAOS)

6300 North River Road • Rosemont, IL 60018

Phone: 1.847.823.7186

To find an Orthopedic Surgeon in your area visit [www.aaos.org](http://www.aaos.org).

## Related Professional Organizations

You may find information or recommendations about a treatment or procedure at one of these websites. You may also find the name of a professional you wish to consult:

### American Orthopaedic Society for Sports Medicine

6300 N. River Road, Suite 500

Rosemont, IL 60018

Phone: 1.847.292.4900

[www.sportsmed.org](http://www.sportsmed.org)

### Arthroscopy Association of North America

6300 N. River Road, Suite 104

Rosemont, IL 60018

Phone: 1.847.292.2262

[www.aana.org](http://www.aana.org)

### National Athletic Trainers Association

2952 Stemmons Freeway, #200

Dallas, TX 75247

Phone: 1.214.637.6282

[www.nata.org](http://www.nata.org)

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## NATIONAL ACCREDITATION

Providers of many healthcare services may have National Accreditation that certifies the organization has met specific quality and safety standards of patient care. You may be interested in choosing a care provider with such accreditation. There are a number of such facilities which can be identified for you through the organizations listed below:

### The Community Health Accreditation Program, Inc. (CHAP)

1275 K Street NW, Suite 800

Washington, DC 20005

Phone: 1.202.862.3413

Toll-free: 1.800.656.9656

[www.chapinc.org](http://www.chapinc.org)

### The Joint Commission

One Renaissance Blvd.

Oakbrook Terrace, IL 60181

Customer Service: 1.630.792.5800

Complaints: (toll-free) 1.800.994.6610

[www.jointcommission.org](http://www.jointcommission.org)

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## COMMUNITY RESOURCES

For your convenience, the following is a listing of organizations who may serve your community.

## IN-HOME CARE RESOURCES

Home Health and Home Care agencies provide two main types of services that are custodial (skilled) or supportive (unskilled) care. Supportive services, provided by non-medical home care agencies, offer assistance with personal care such as bathing, grooming, dressing, in addition to help with meal preparation, housekeeping, and shopping. Assistance with self-

administered medications, ambulation and exercises, and transportation to medical appointments is often requested. These custodial or supportive services can be arranged for any needed amount and frequency of time including up to twenty four hours everyday or on a respite or temporary basis. Such services can help someone be more successful at independent living in their own home. The following is a list of a few places to start:

#### **CarePathways**

Toll-free: 1.877.521.9987  
www.carepathways.com

#### **Home Health Care**

148 Hawthorne Avenue  
Palo Alto, CA 94301  
Phone: 1.650.462,6900  
www.homecareassistance.com

#### **Meals On Wheels**

##### **Association of America**

203 S. Union Street  
Alexandria, VA 22314  
Phone: 1.703.548.5558  
www.mowaa.org

#### **National Association for Home Care**

228 Seventh Street, SE  
Washington, DC 20003  
Phone: 1.202.547.7424  
www.nahcagencylocator.com

## **WOMEN**

Millions of people in the United States undergo surgery every year, and many of them are women. In addition, women frequently act as counselor or caregiver for someone undergoing surgery. Facing surgery can be stressful. But with careful planning and inquiring about all of your options, you can relieve your anxieties, reduce possible complications and post-surgical pain, and pave the way for getting back to normal as quickly as possible after surgery—you can redefine your recovery.

#### **National Women's Health Resource Center**

157 Broad Street, Suite 106 • Red Bank, NJ 07701  
Toll-free: 1.877.986.9472 www.healthywomen.org

## **SENIORS**

Elder Care is a public service of the U.S. Administration on Aging. The Eldercare Locator is your first step for finding local agencies in every U.S. community that can help older persons and their families access home and community-based services like transportation, meals, home care, and caregiver support services.

## **ELDER CARE**

**Elder Abuse Hotline:** 1.800.252.8966  
Toll-free: 1.800.677.1116 www.eldercare.gov

## **MEDICARE**

#### **Centers for Medicare & Medicaid Services**

7500 Security Blvd. • Baltimore, MD 21244-1850  
Toll-free: 1.800.633.4227 www.medicare.gov

## **CRISIS INTERVENTION**

#### **National Suicide Hotline**

Toll-free: 1.800.784.2433

#### **National Suicide Prevention Lifeline**

Toll-free: 1.800.273.TALK (8255)

#### **National Domestic Violence/Child Abuse/Sexual Abuse**

Toll-free: 1.800.799.SAFE (7233)  
Toll-free (TDD): 1.800.787.3224  
Toll-free (Spanish): 1.800.942.6908

#### **National Youth Crisis Hotline**

Provides counseling and referrals to local drug treatment centers, shelters, and counseling services. Responds to youth dealing with pregnancy, molestation, suicide, and child abuse. Operates 24 hours, seven days a week.  
Toll-free: 1.800.442.HOPE (4673)

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## OTHER RESOURCES

### The American Red Cross

2025 E Street, NW  
Washington, DC 20006  
Phone: 1.202.303.5000  
<http://www.redcross.org/en/where>

### U.S. Department of Health and Human Services

Get information on the health of infants, children, teens, adults, seniors, veterans, caregivers, individuals with disabilities, and travelers. Locate health care providers and facilities.  
200 Independence Avenue, SW • Washington, DC 20201  
[www.hhs.gov](http://www.hhs.gov)

### U.S. Food and Drug Administration

10903 New Hampshire Avenue • Silver Spring, MD 20993  
Toll-free: 1.888.INFO.FDA (1.888.463.6332)  
[www.fda.gov](http://www.fda.gov)

### Report a problem with a drug or device:

Toll-free: 1.800.332.1088

### Report a food or drug emergency:

Phone: 1.301.443.1240

A non-emergency adverse reaction to a food product or an over-the-counter medical device that doesn't work as advertised can be reported to the appropriate consumer complaint coordinator serving your area...

### Consumer Complaint Coordinator:

[www.fda.gov/Safety/ReportaProblem/ConsumerComplaintCoordinators](http://www.fda.gov/Safety/ReportaProblem/ConsumerComplaintCoordinators)



CoolSystems, Inc., maker of Game Ready, is proud to have met the Standards of Excellence established by the Community Health Accreditation Program (CHAP) and has been certified as a nationally accredited community health care provider. Should you have questions or concerns about the quality of your care that Game Ready cannot answer, call CHAP at 1.800.656.9656.