



Employee of the Month

Tom Porter, MPT attended Saint Francis University for his Bachelor's and Master's degrees in physical therapy. Tom has worked with us at WESTARM for 17 years in a variety of positions, his current role being the Director of Therapy Services and the Administrator of our Home Health Agency. As Tom has said, "I have spent my entire career at WESTARM and I feel a small company atmosphere allows for a great work environment that ultimately leads to better patient care and outcomes." We're lucky to have him working with us as a friendly and familiar face for our patients.



What is on your bucket list?

To take an RV to the Grand Canyon with my kids.

What is your favorite travel destination?

Hawaii

When you're not in the office, where is someone likely to find you?

Coaching my 3 children in soccer, basketball, and baseball.

What is Vestibular Therapy?

Evidence has shown that vestibular physical therapy can be effective in improving symptoms related to many vestibular (inner ear/balance) disorders. People with vestibular disorders often experience problems with vertigo, dizziness, visual disturbance, and/or imbalance.

One consequence of having a vestibular disorder is that symptoms frequently cause people to adopt a sedentary lifestyle to avoid bringing on, or worsening, dizziness and imbalance. As a result, decreased muscle strength and flexibility, increased joint stiffness, and reduced stamina can occur.

Vestibular physical therapy is specialized, with the intention to alleviate both the primary and secondary problems caused by vestibular disorders. It is an exercise-based program primarily designed to reduce vertigo and dizziness, gaze instability, or imbalance and falls. This occurs because the brain learns to use other senses (vision and somatosensory, i.e. body sense) to substitute for the deficient vestibular system.



WESTARM Therapy and Homecare have physical therapists that are specialized in treating patients with balance and vestibular disorders. We can see these patients at any of our 9 locations or in the convenience of the patient's home.



**Happy 60th Birthday to our president,
Brian Jacob!**



Find us on Facebook!

@ Westarm Homecare
Nursing & Therapy

2019 COMMUNITY LECTURE SERIES

FREE presentations on these various healthcare topics

Presented by our licensed

Physical Therapists, Occupational Therapists, and Registered Nurses

Physical Therapy for Parkinson's

January 11, Friday at 1:00 PM

- Forbes Hospital
2570 Haymaker Road, Monroeville, 15146

TBA Fall 2019 at 1:00 PM

- Richard G. Snyder YMCA
1150 N. Water Street, Kittanning, 16201

Are You Considering a Total Joint Replacement?

March 5, Tuesday at 6:00 PM

- 3160 Kipp Avenue & Wildlife Lodge Road
Lower Burrell, 15068

Treatment Options for Hand & Thumb Arthritis

In Recognition of National Occupational Therapy Month

April 30, Tuesday at 6:00 PM

- Cheswick Plaza
1316 Pittsburgh Street
Cheswick, 15024

Are You Considering a Total Joint Replacement?

In Recognition of National Physical Therapy Month

October 1, Tuesday at 6:00 PM

- Kiski Park Plaza
1001 S. Leechburg Hill Road
Leechburg, 15656

Treating Dizziness & Vertigo using Physical Therapy

November 19, Tuesday at 6:00 PM

- 3160 Kipp Avenue & Wildlife Lodge Road
Lower Burrell, 15068



Light refreshments provided & free parking



To register, call: 724-337-6522
or email:
administration@westarmtherapy.com

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2757 Leechburg Road
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SERVICES OFFERED

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Medical Social Work
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