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Senior centers offer rehab
Group to get injured active

BY COLIN CAMPBELL, ccampbell@newsobserver.com

A new business has partnered with area senior centers to help older adults get the physical therapy they need.

Mobile Rehab LLC expanded into Johnston County this fall, adding the Benson and Clayton senior centers to its therapy locations. The business also provides sessions at the Garner Senior Center.

"I thought it made more sense to go to places where seniors congregate," said Joshua Cohen, who owns the business. "We work with senior centers to be able to provide care to seniors."

Cohen said the location is ideal, since his patients see what's going on at the center, and they're more likely to participate in physical activities there outside their therapy sessions.

Mobile Rehab chose the centers in Garner, Clayton and Benson because they have private rooms with exercise equipment. "It's really just putting together all the pieces to provide a good service to the community," Cohen said. Also, rural communities like Benson often have limited physical-therapy options.

The business offers one-on-one physical therapy in hourlong sessions, something Cohen says is rare in the industry. "A lot of them are really trying to pack the people in," he said. "You might be lucky to work with the physical therapists one-on-one. A lot of clinics don't like working with Medicare patients, because it limits their productivity. We're filling in that gap."

Mobile Rehab's therapist in Johnston County and Garner is Jamica McClammy. She holds a master's degree in physical therapy from UNC-Chapel Hill. She offers free balance screenings at the senior centers in Garner and Benson. "Falls in particular are a huge problem for seniors," Cohen said.

Campbell: 919-836-5768

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