Our Story

Our journey began in January 2002 when Richard Ayres (below), our beloved brother and uncle, respectively, was struck by a drunk driver and suffered severe head trauma and paralysis. We refused to "let him go," ultimately researching and securing a device called the Quadriciser®.

The Quadriciser moves all four limbs, stimulating the brain and improving muscle function. Beginning a recovery that could only be described as miraculous, Richard's improvement inspired us to offer the Quadriciser and one-on-one physical therapy to others abandoned by traditional medicine in the wake of traumatic injuries or neurological disorders.

We founded TheraFit Rehab in December 2006 and have grown it under one principle: **"We love our patients, and we'll never give up on you!"**

—Gina Della and Justin Gilligan
Co-Owners

Free Help Now!

We've published several **FREE** reports to help you start getting back to the things you love. Download one today at: **therafitrehab.com/free-reports**

Insurance Coverage

TheraFit Rehab accepts most major insurance carriers, including Medicaid, Medicare, CareFirst/BCBS, Cigna, United Healthcare, and more. For a full list, visit **therafitrehab.com/insurances**. Contact your local clinic below if you have questions or to make an appointment.

Maryland Locations

Baltimore
Ph.: 443-961-3071
Fax: 443-961-7686

Towson
Ph.: 410-415-1992
Fax: 410-774-0488

Westminster
Ph.: 410-871-2494
Fax: 410-861-5303

Windsor Mill
Ph.: 443-364-8182
Fax: 443-261-0062

therafitrehab.com

THERAFIT
THERAPY + FITNESS
Rehab

Activity-Based 1-on-1 Therapy

Physical • Occupational • Speech
Maintenance • Fitness

We help people with neurological conditions and traumatic injuries become more active, mobile, and independent.

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Our Services

Physical Therapy

Our PT program focuses on activity-based rehabilitation. Our therapists use adaptive equipment, evidence-based techniques, a blend of creativity, and a caring touch to challenge patients to reach their goals. Most of our patients' goals include improving balance, walking better, holding and playing with grandchildren, reducing fall risk, or just becoming more active.

Occupational Therapy

Our OT program helps to restore independence in activities of daily living (dressing, cleaning, cooking, and the like) and beyond. Our creative therapists will help you to better "age in place," get back on the job, or reengage in community life.

Speech Therapy

Our speech-language pathologists assess, diagnose, and treat speech, language, social communication, cognitive communication, and swallowing disorders in people of all ages. If eating, finding words, or enunciating clearly have become chores, our SLPs can help.

Maintenance Therapy

We will never give up on you, even if you hit a plateau during rehabilitative therapy. We offer maintenance therapy, which represents medically reasonable and necessary treatment to prevent or slow a decline in the patient's condition.

Fitness Therapy

Our certified fitness therapists work with patients that would benefit from physical therapy-type sessions either in conjunction with or following discharge from a PT plan of care. Fitness therapy is self-pay and not available in all locations.

Why We're Different

We treat patients of **all ages with neurological conditions or traumatic injuries**. We provide **one-on-one care** in a supportive environment, and we find creative ways to challenge our patients to achieve their goals.

We only hire staff that has **education and experience with neurological patients**. And, our clinics feature **adaptive equipment** not found in other PT practices. Call us today to set up a **free exam** and get back to doing what you love! Our specialties include:

- Multiple Sclerosis
- Traumatic Brain Injury
- Spinal Cord Injury
- Muscular Dystrophy
- Spina Bifida
- Poor Balance/Falls
- Licensed DME Supplier
- Stroke
- Cerebral Palsy
- Parkinson's Disease
- Physical Disabilities
- Pediatric Issues
- General Pain
- Movement Disorders