Foot and Ankle Services

We offer comprehensive rehabilitation services for persons with a wide range of foot and ankle conditions such as:

* Strains and sprains
* Fractures
* Crush injuries
* Arthritis
* Joint disorders
* Tendinitis
* Bursitis
* Plantar fasciitis
* Bunions
* Diabetic foot conditions
* Lacerations
* Post-operative reconstructive procedures, including joint replacements for arthritis
* Other chronic, surgical, and traumatic foot and ankle problems

Our foot and ankle rehabilitation services begin with a complete evaluation of the affected extremity. An individualized treatment program addressing the patient's needs is then developed. The program is modified as needed throughout the course of therapy to maximize functional outcome and use of the injured or affected extremity.

Services include:

* Comprehensive evaluation, including functional testing of strength, flexibility, and range of motion, and biomechanical evaluation of gait and weight bearing
* Fabrication of custom orthoses and footwear
* Development of personalized exercise and activity programs to improve functional use of the foot and ankle by increasing strength, coordination, dexterity, and range of motion
* Gait (walking) training
* Join mobilization
* Patient/family education about wound care, edema (swelling) control, scar management, joint protection, energy conservation, and work simplification techniques
* Pain management intervention
* Retraining in daily living skills, using adapted methods and equipment as appropriate
* Foot and Running Clinic
* Debridement of wounds

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Service Locations

MedStar National Rehabilitation Hospital
102 Irving St NW
Washington, DC 20010
202.877.1000

Peninsula/NRH Rehabilitation Network, Salisbury
1655 Woodbrooke Drive
Suite 102
Salisbury, MD 21804
410.546.2702
Please contact location for hours.

NRH Rehabilitation Network, Bethesda
6410 Rockledge Drive, Suite 600
Bethesda, MD 20817
301.581.8030
Mon - Fri 7:00am - 5:30pm

MedStar NRH Rehabilitation Network, Irving Street
102 Irving Street, NW
First floor, outpatient gym
Washington, DC 20010
202.877.1760
M-Th 7a-7p; Fri 7a-5:30p

MedStar NRH Rehabilitation Network, Harborview Sports Medicine
2900 South Hanover Street
Suite 102
Baltimore, MD 21225
410.350.8372
M-Th 7:30 am-7:30 pm, F 7:30 am- 5 pm

MedStar NRH Outpatient Center for Orthopaedic Rehabilitation (OCOR)
102 Irving Street, NW
First Floor
Washington, DC 20010
202.877.1566
T, W, Th 7a-6p; M, F 7a-5:30p

MedStar NRH Rehabilitation Network, Perry Hall
5009 Honeygo Center Drive
Suite 209
Perry Hall, MD 21128
443.725.2150
MW 8am-7pm, TR 8am-6pm, F 8am-4:30pm

MedStar NRH Rehabilitation Network, Bel Air
658 Boulton Street, Suite A
Bel Air, MD 21014
410.638.9400
MW 7:30am-8pm, TTH 7am-8pm, F 7am-5pm,

MedStar NRH Rehabilitation Network, Wilkens Ave
3455 Wilkens Ave.
Suite 306
Baltimore, MD 21229
410-737-8418
M-TH 7:30am - 7:00pm, F 7:30am - 2:30pm

MedStar NRH Rehabilitation Network, Stadium Place
900 East 33rd Street
Baltimore, MD 21218
410-366-0791
MW 9am-6:30pm TR 8am-7pm
F 8am-1pm

NRH Rehabilitation Network, Montrose
6001 Montrose Road, Suite 402
Rockville, MD 20852
301.984.6594
M-F 7:30am - 6:00pm Sat 8am-12noon

MedStar NRH Rehabilitation Network, Dundalk
1576 Merritt Boulevard, Suite 7
Dundalk Professional Center
Baltimore, MD 21222
410.650.2145
MW 8am-8pm; TR 7am-8pm; F 8am-5pm

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Foot and Ankle Services

NRH Rehabilitation Network, Olney
18109 Prince Philip Drive, Suite 155
Olney, MD 20832
301.570.3138
M-Th 7am-7pm, F 7am-5pm, Sat 8:30am-11:30am

MedStar NRH Rehabilitation Network,
MedStar Good Samaritan Hospital
5601 Loch Raven Boulevard
Walker Building, Suite 101
Baltimore, MD 21239
443-444-5757
MWF 8a - 4:30p; T Th 8a - 6:30p

MedStar NRH Rehabilitation Network,
Lutherville Sports Medicine
1407 York Road, Suite 100
Lutherville, MD 21093
410.512.5820
MW 7am-8pm, TR 7am-7pm, F 7:00am-5pm

NRH Rehabilitation Network, Friendship Heights
5530 Wisconsin Avenue, Suite 960
Chevy Chase, MD 20815
301.986.4745
M-Th 7am-7pm, Fri 7am-5:30pm

NRH Rehabilitation Network, K Street
2021 K Street, NW, Suite 215
Washington, DC 20006
202.466.9719
M, W 7:30a-6:00p; T, Th, F 7:30a-4:30p

MedStar NRH Rehabilitation Network, Ellicott City
Dorsey Hall Medical Center
9501 Old Annapolis Road, Suite 125
Ellicott City, MD 21042
410-997-1063
Monday - Friday 8:00am - 6:00pm

NRH Rehabilitation Network, Wheaton
2730 University Boulevard West
Suite 812
Wheaton, MD 20902
301-962-7612
M,W,F 8am-7:30pm; T,Th 7am-7pm & Sat 8am-12pm

NRH Rehabilitation Network, Germantown
20500 Seneca Meadows Parkway, Suite 101
Germantown, MD 20876
301.916.8500
M-Thur 7a-8p; Fri 7a-5p; Sat 8a-12noon

MedStar Union Memorial Hospital
Rehabilitation & Sports Medicine
3333 North Calvert Street
Johnson Professional Bldg., Suite 300
Baltimore, MD 21218
410-554-2318
M - Th 7:00am - 7pm; F 7:00am-4:30pm

NRH Rehabilitation Network, 19th Street
1145 19th Street, NW
Suite #403
Washington, DC 20036
202-721-7680
M, W 7:30-6 T,Th, F 7:30-4:30

MedStar NRH Rehabilitation Network, Oxon Hill
6196 Oxon Hill Road, Suite 450
Oxon Hill, MD 20745
301-839-0400
M-Th 7:30am - 6pm ; F 7:30am - 5pm

MedStar NRH Rehabilitation Network,
Mitchellville
12158 Central Avenue
Mitchellville, MD 20721
301-390-3076
M-Th 7am - 7pm; F 7am-4:30pm

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NRH Rehabilitation Network, Waldorf
3 Post Office Road, Suite 105
Waldorf, MD 20602
301-893-2345
M-Th 7am- 7pm ; Fri 7am-5pm

NRH Rehabilitation Network, St. Mary's
24035 Three Notch Rd
Philip J.Bean Medical Center
Hollywood, MD 20636
301-373-2588
M 7am-7pm; T/Th 8am-7pm; W/F 7am-5pm

MedStar NRH Rehabilitation Network, McLean
6858 Old Dominion Drive
Suite 200
McLean, VA 22101
703-288-8260
M-Th: 7 a.m. - 7 p.m. & F: 7 a.m. - 5 p.m.

MedStar NRH Rehabilitation Network, Ballston
3833 North Fairfax Drive
Suite 300
Arlington, VA 22203
703-717-6900
M-Th 7am - 6pm; F 7am-4:00pm

MedStar NRH Rehabilitation Network,
Pasadena
MedStar Health Park
8109 Ritchie Highway - Entrance B
Pasadena, MD 21122
410.590.8750
M-Th 7:30am-6:30pm, F 7:30am-4:30pm

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