

CHA and You

The leading physical therapy and functional improvement team north of Boston. We help people of all ages return to work, play, and living.

Locations in Everett, Malden, and our state-of-the-art center in Somerville's Assembly Square.



Make an appointment

Call us at 617-591-4600 or visit us at www.challiance.org/services-programs/specialty-care/rehabilitation

CHA Locations

CHA Assembly Square

5 Middlesex Avenue, Suite 101
Somerville, MA 02145

A state-of-the-art rehab center located on the Somerville/Medford line right off Route 93 and Route 16. Right near the Christmas Tree Shops and Home Depot.

CHA Everett Hospital

103 Garland Street
Everett, MA 02149

CHA Malden Bone & Joint Center

195 Canal Street
Malden, MA 02148

All three CHA rehab sites have ample free parking.

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CHA Rehabilitation Services

Helping you return to work, play and living.



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL



CHA Services

Physical Therapy (PT)

Improve your Movement

CHA physical therapists work with your muscles, joints, and other body parts to help you recover from injuries, medical procedures, or other health conditions. When you visit we will evaluate your needs and develop a treatment plan just for you. Your PT will work with you, like a personal coach, to guide you through the treatment. This often includes education and exercises to do at home.

Conditions treated include:

- Sports injuries
- Shoulder/rotator cuff injuries
- Foot and ankle pain
- Difficulty walking
- Dizziness and balance problems
- Concussion management
- TMJ pain
- Joint replacement recovery
- Arthritis

Offering special expertise in women's health.

We use the latest evidence and advanced techniques to achieve outstanding results for our patients.

Occupational Therapy (OT)

Regain Job Skills

CHA occupational therapists help you redevelop your skills after an injury or illness. This often focuses on fine motor skills and daily activities like dressing, writing, and movements needed for your job. Like PT, occupational therapists work with you to develop a custom treatment plan and guide you through the treatment.

Conditions treated include:

- Hand injuries
- Repetitive stress injuries
- Muscle strains and tears
- Arthritis and related diseases
- Fractures
- Amputations
- Crush injuries or trauma
- Dislocations
- Neurological conditions like brain injury, Stroke, Parkinson's, and MS
- Nerve injuries and conditions
- Complex regional pain syndrome
- Wounds and scars
- Ligament injury and instability
- Thermal and electrical injuries
- Tendon Repair

Speech Language Pathology (SLP)

Helping you Communicate

CHA speech and language pathologists help with a wide range of speech, language, and communication disorders, as well as swallowing disorders. Our team works with children and adult patients.

Conditions treated include:

For children:

- Language delays
- Expressive and receptive language disorders (difficulty understanding and using language)
- Written language disorders
- Articulation and phonological disorders (difficulty with speech-sounds)
- Feeding and swallowing
- Pragmatics (social communication)
- Fluency disorders (stuttering)

For adults:

- Swallowing (dysphagia)
- Aphasia
- Voice disorders
- Motor speech disorders (dysarthria)
- Cognitive-communication disorders (attention, memory, abstract reasoning, awareness, and executive functions)