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The window shopper

Mobility for seniors begins with in-home therapy

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There is a physical therapist right across the street from Rochelle Cheifetz's co-op, but making it to the door with ease was still an issue for the Riverdalian, who had knee replacement surgery 11 years ago.

So, rather than attempting the seemingly boundless trek, Ms. Cheifetz invited Dr. Susan Loberfeld into her home to treat her in her most comfortable and comforting environs.

Thanks to Dr. Loberfeld's newly-established Hudson In Home Physi-

cal Therapy practice, patients like Ms. Cheifetz are able to treat their maladies without having to leave their familiar surroundings.

"For people who need physical therapy, it's difficult to get to a clinic, even if it's just a few blocks away," said Dr. Loberfeld. "Walking may be impossible, a car service adds up and the city's Access-a-Ride program can leave people waiting for an hour or more - and even cause them to miss their appointments. When we come to their homes, they not only save time and hassle, but they have more energy for the therapy itself."

"With in-home therapy, patients can focus completely on their treatment

schedule and receive the uninterrupted focus of a licensed physical therapist - with none of the distractions that often occur at clinics," said Dr. Loberfeld.

This special attention was particularly important to Ms. Cheifetz, who was a patient from July to December of 2012. She was initially diagnosed with tendinitis, but thanks to Dr. Loberfeld's referral, she was discovered to have an infection in her knee. "She was able to take a look and see what I needed," said Ms. Cheifetz. "She was spot on. She used her experience and knew what therapies were needed for individual problems. She made sure that my knee maintained

its flexibility. She massaged the muscles."

As geriatric specialists, Hudson In Home not only treats typical orthopedic and neurologic conditions, but emphasizes fall prevention and helps seniors maintain the balance they need to live safely without supervision or regular assistance.

"We're filling in the gap for Medicare patients who live at home but are not homebound," Dr. Loberfeld said, emphasizing that her private practice bills through Medicare Part B and many other insurances out of network. Uninsured patients pay a fee of \$125 per visit.

Dr. Loberfeld earned her master's and doctoral degrees in physical therapy at Columbia University. While working in outpatient clinics, she saw that patients who were neither hospitalized nor homebound had to find transportation, take time off from work or arrange for childcare in order to receive the treatment they needed.

Aside from Dr. Loberfeld, the practice has seven physical therapists, a mixture of both males and females.

"I personally screen and train them before they go out and see patients," she promised.

Dr. Loberfeld and her family have lived in Riverdale since 2001.