



Recovery Isn't Just Physical

Supporting the emotional side of injury recovery for your younger patients

An injury doesn't just affect the body — for children and teens especially, it can bring real fear, frustration, and anxiety that physical therapy alone doesn't address. Aspire Psychological Group provides evidence-based psychological care for children and adolescents, and we partner with practices like yours to support the whole recovery, not just the physical part.

WHEN TO CONSIDER A REFERRAL

- A young athlete struggling with fear of re-injury or reluctance to return to activity
- Noticeable anxiety around appointments, procedures, or being touched during exams
- Difficulty coping with activity restrictions — frustration, low mood, or withdrawal
- A patient or family who seems overwhelmed by a major injury, surgery, or long recovery timeline
- Signs of chronic pain beginning to affect mood, sleep, or daily functioning
- A parent who mentions their child “just hasn't been themselves” since the injury

WHY PRACTICES REFER TO ASPIRE

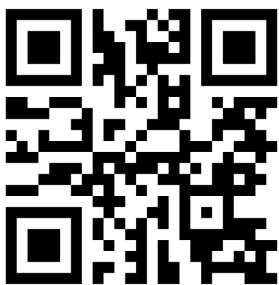
- A warm handoff — our team reaches out directly to the family after a referral
- Licensed clinicians who specialize specifically in children and adolescents
- In-person sessions in Upper Saddle River, NJ, with telehealth available throughout NJ & NY
- With family consent, we stay in touch with your office so care stays coordinated

MAKING IT EASY ON FAMILIES

We know cost is often a family's first question. We are a private pay practice but we partner with Thrizer to help patients use their out-of-network benefits. If the patient has out-of-network benefits, Thrizer can help make the OON billing process easier.

HOW TO REFER A FAMILY

- Share this flyer or our contact card with the family directly
- Or let us know, and our team will reach out to the family with your introduction
- Families can also call, email, or scan the QR code below to reach our team directly



Aspire Psychological Group

345 NJ-17, Upper Saddle River, NJ 07458

(201) 639-4669 • weallaspire.com

Serving Bergen County, NJ & Rockland County, NY • Telehealth throughout NJ & NY

Questions about a specific patient or family? Our team is happy to talk through next steps — reach out any time.