

Services

Physical Therapy

What is a physical therapist?

Physical therapists are licensed healthcare professionals who are trained in evaluating and treating a variety of diagnoses resulting from injury, disease, muscle imbalance, or inactivity. Physical therapists use various techniques such as low resistance/high repetition exercises, hands on stretching, dry needling, A-STIM, and kinesio-taping to help manage your symptoms! The first and most important component of the physical therapy experience is a comprehensive examination. This begins with a dialogue with you to determine the history of your condition and to address your personal concerns and goals. The examination continues with the assessment of your range of motion, strength, tissues/muscles, and neurological standing. It concludes with functional and specialized testing. Your physical therapist then designs and tailors a treatment program specific for you based on your goals, your tolerance, and the findings your therapist discovers.

What are some common conditions treated with physical therapy?

- Spinal injuries or conditions: neck pain, low back pain, degenerative disc disease, osteoporosis, scoliosis.
- Joint and soft-tissue injuries: ligamentous sprains, muscle strains, fractures, dislocations, pre-and post-surgical.
- Sports-related injuries: overuse injuries, direct trauma in athletes, weekend warrior.
- Workplace injuries: industrial injuries, carpal tunnel syndrome, cumulative trauma, stress disorder.
- Arthritic conditions: osteoarthritis, rheumatoid arthritis, joint replacements.
- Specific strengthening, stretching, general cardiovascular conditioning
- Wellness programs: improving strength and conditioning for life's everyday challenges

Our Exercise Philosophy:

- Incorporates low resistance, high repetitions within specific ranges.
- Focuses on the optimal stimulus for healing.
- Customizes injury specific programs to each client.
- Uses equipment specially designed for rehabilitation.
- Instructs home programs, conditioning and nutrition.

Upper and Lower Extremities Rehab:

- Enhances scapular stabilization
- Normalizes joint mobility
- Exercises in modified weight bearing positions
- Focuses on balance and proprioception
- Corrects gait or biomechanical deficit

Cervical and Lumbar Spine Rehab:

- Optimizes segmental mobility of the spine
- Encourages behavioral modification at work & home
- Emphasizes spinal stabilization and functional exercises
- Promotes self-ownership of rehabilitation
- Addresses return-to-work and return-to-fun issues early

Work Conditioning:

- Routines normally last 2 to 4 hours
- Cardiovascular reconditioning
- Strengthening specific musculo-skeletal deficits
- Performing functional activities
- Returning to transitional duty to prevent job disassociation