

2103 deer park ave physical therapy

2103 Deer Park Ave Physical Therapy: A Comprehensive Guide to Restorative Care

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Understanding the Services at 2103 Deer Park Ave Physical Therapy

The physical therapy clinic located at 2103 Deer Park Ave offers a comprehensive range of services designed to address a wide spectrum of musculoskeletal conditions. Their approach is patient-centered, emphasizing individualized treatment plans based on thorough evaluations and ongoing progress monitoring. The clinic prides itself on using the latest evidence-based techniques to ensure optimal results for each patient.

Methodologies and Approaches at 2103 Deer Park Ave Physical Therapy

1. **Manual Therapy:** 2103 Deer Park Ave physical therapy utilizes various manual therapy techniques, including soft tissue mobilization, joint mobilization, and manipulation. These hands-on techniques aim to improve joint mobility, reduce pain, and restore normal movement patterns. This is particularly effective for conditions like back pain, neck pain, and arthritis.

1. **Therapeutic Exercise:** A cornerstone of any effective physical therapy program, exercise therapy at 2103 Deer Park Ave is tailored to each individual's needs and limitations. This may include strengthening exercises, stretching exercises, cardiovascular exercise, and neuromuscular re-education to improve muscle strength, flexibility, balance, and coordination.

1. **Neuromuscular Re-education:** For patients with neurological conditions or those recovering from injuries affecting nerve function, 2103 Deer Park Ave physical therapy incorporates neuromuscular re-education techniques. These help retrain the nervous system to improve muscle control, coordination, and movement patterns.

1. **Gait Training and Balance Exercises:** Problems with gait (walking) and balance are common in various conditions. The therapists at 2103 Deer Park Ave utilize gait training and balance exercises to improve posture, stability, and walking ability, thus reducing the risk of falls and improving overall mobility.

1. **Modalities:** The clinic at 2103 Deer Park Ave may employ various physical modalities such as ultrasound, electrical stimulation, and heat/ice therapy to manage pain, reduce inflammation, and promote tissue healing. These modalities are often used in conjunction with other therapies.

1. **Patient Education:** A crucial aspect of physical therapy at 2103 Deer Park Ave is patient education. Therapists work to empower patients by providing detailed explanations of their conditions, treatment plans, and home exercise programs. This active participation is key to long-term success.

1. Sports Specific Rehabilitation: For athletes, 2103 Deer Park Ave physical therapy offers specialized programs focusing on injury prevention, rehabilitation, and performance enhancement. These programs are designed to help athletes return to their sport safely and effectively.

Conditions Treated at 2103 Deer Park Ave Physical Therapy

The expertise at 2103 Deer Park Ave extends to a variety of conditions including, but not limited to:

Back pain and sciatica
Neck pain and headaches
Rotator cuff injuries
Knee injuries (ACL, MCL, meniscus tears)
Ankle sprains
Post-surgical rehabilitation
Arthritis
Stroke rehabilitation
Neurological conditions

Conclusion

The physical therapy services offered at 2103 Deer Park Ave provide a comprehensive and patient-centered approach to rehabilitation and recovery. By employing a variety of evidence-based methodologies and tailoring treatment plans to individual needs, the clinic strives to help patients achieve their optimal functional outcomes and improve their quality of life. If you are experiencing musculoskeletal pain or recovering from an injury, the team at 2103 Deer Park Ave physical therapy can provide the expert care you need to regain your mobility and independence.

FAQs

1. What insurance plans does 2103 Deer Park Ave physical therapy accept? You should contact the clinic directly to inquire about accepted insurance providers.
1. What are the clinic's hours of operation? The clinic's hours of operation should be available on their website or by calling them directly.
1. Do I need a doctor's referral to receive physical therapy at 2103 Deer Park Ave? In some cases, a physician's referral may be required depending on your insurance coverage. Contact the clinic to confirm.

1. What should I bring to my first appointment? Bring your insurance card, a list of current medications, and any relevant medical documentation.
1. How long will my physical therapy treatment last? The duration of treatment varies depending on the individual's condition and progress.
1. What type of equipment is available at the clinic? The specific equipment will vary, but you can inquire directly with the clinic.
1. Is there on-site parking available? Information regarding parking availability is best obtained by contacting the clinic.
1. What is the cost of physical therapy at 2103 Deer Park Ave? Costs vary depending on the treatment plan and insurance coverage. Contact the clinic for a quote.
1. Can I schedule an appointment online? Check the clinic's website to see if online scheduling is available.

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