

260 long ridge road stamford ct physical therapy

260 Long Ridge Road Stamford CT Physical Therapy: Your Guide to Comprehensive Care

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Understanding the Significance of Physical Therapy at 260 Long Ridge Road, Stamford, CT

Finding the right physical therapy clinic can be crucial for your recovery journey. Located at 260 Long Ridge Road in Stamford, CT, this particular facility (assuming a clinic exists at that address – if not, adapt the content to discuss physical therapy options in that area) represents a vital resource for individuals seeking high-quality, comprehensive physical therapy services. This article delves deep into the significance and relevance of this location, exploring the various services offered, the benefits of choosing this specific clinic, and what to expect from your experience.

The address, 260 Long Ridge Road Stamford CT, may house a variety of healthcare providers. However, the focus here is on the potential for a physical therapy practice at this address and the general benefits of seeking physical therapy in the Stamford, CT area.

Services Offered at 260 Long Ridge Road Stamford CT Physical Therapy (Hypothetical)

While the specific services offered at any given clinic at this address would need verification, a typical physical therapy practice in this area might offer a wide range of services, including:

Orthopedic Physical Therapy: Treatment for musculoskeletal injuries like sprains, strains, fractures, arthritis, and post-surgical rehabilitation. This is often a core service for physical therapy clinics focusing on 260 Long Ridge Road Stamford CT physical therapy needs.

Sports Physical Therapy: Specialized care for athletes dealing with injuries related to their sport, including injury prevention strategies and performance enhancement programs.

Neurological Physical Therapy: Treatment for neurological conditions like stroke, multiple sclerosis, Parkinson's disease, and cerebral palsy, focusing on improving mobility and function.

Geriatric Physical Therapy: Care tailored to the specific needs of older adults, focusing on improving balance, strength, and mobility to prevent falls and promote independence.

Pelvic Floor Physical Therapy: Treatment for conditions affecting the pelvic floor muscles, such as incontinence, pelvic pain, and sexual dysfunction.

Manual Therapy: Hands-on techniques used to improve joint mobility, reduce pain, and restore function.

Therapeutic Exercise: A customized program of exercises designed to improve strength, flexibility, balance, and endurance.

Pain Management: Strategies to reduce pain and improve function through various modalities like ultrasound, electrical stimulation, and heat/cold therapy.

Choosing a Physical Therapy Clinic at 260 Long Ridge Road, Stamford, CT (or nearby): Key Considerations

When selecting a physical therapy clinic in Stamford, CT, several factors should be considered:

Location and Accessibility: Convenience is key. The proximity of 260 Long Ridge Road Stamford CT physical therapy, or a similar clinic in the area, to your home or workplace significantly influences treatment adherence.

Experience and Qualifications of Therapists: Look for licensed physical therapists with specialized training and experience in the specific conditions you're facing.

Treatment Approach: A clinic's approach should be evidence-based, patient-centered, and holistic, focusing on not only addressing symptoms but also the underlying causes.

Insurance Coverage: Verify your insurance coverage and ensure the clinic is in your network.

Patient Reviews and Testimonials: Online reviews can provide valuable insights into the patient experience at different clinics.

What to Expect During Your First Visit at a Stamford, CT Physical Therapy Clinic

Your first visit at a physical therapy clinic near 260 Long Ridge Road, Stamford CT, will typically involve:

Initial Evaluation: A comprehensive assessment of your medical history, current symptoms, and functional limitations.

Physical Examination: A thorough evaluation of your musculoskeletal system to identify the source of your pain and limitations.

Diagnosis and Treatment Plan: Based on the evaluation, your physical therapist will create a personalized treatment plan tailored to your specific needs.

Initial Treatment Session: You may begin your treatment during the first visit, which may include manual therapy, therapeutic exercises, and education on self-management techniques.

Conclusion

Finding the right physical therapy clinic is a crucial step in your recovery journey. Whether you are searching specifically for "260 Long Ridge Road Stamford CT physical therapy" or are looking for options in the surrounding area, careful consideration of location, therapist qualifications, and treatment approach will ensure you receive the best possible care. Remember to check online reviews and confirm insurance coverage before making your choice.

FAQs

1. What types of injuries are treated at physical therapy clinics in Stamford, CT? Physical therapy clinics in Stamford, CT treat a wide range of injuries, from sports injuries to chronic pain conditions and post-surgical rehabilitation.
2. Do I need a referral to see a physical therapist in Connecticut? In some cases, a physician's referral may be required, depending on your insurance plan.
3. What is the cost of physical therapy in Stamford, CT? The cost varies depending on the clinic, your insurance coverage, and the extent of your treatment.
4. How long does physical therapy typically take? The duration of physical therapy varies depending on the nature and severity of your condition.
5. What can I expect during a typical physical therapy session? Sessions usually involve a combination of manual therapy, therapeutic exercises, and patient education.
6. Are physical therapists at 260 Long Ridge Road Stamford CT (or nearby) qualified to address my specific condition? The qualifications of therapists will vary; research individual clinics to confirm their expertise.
7. How can I find patient reviews for physical therapy clinics near 260 Long Ridge Road Stamford CT? Check online review sites like Google Reviews, Yelp, and Healthgrades.

8. Does insurance cover physical therapy at clinics in Stamford, CT? Most insurance plans cover physical therapy, but coverage varies; it's important to check your specific plan.
9. What should I bring to my first appointment at a physical therapy clinic? Bring your insurance card, referral (if required), a list of your medications, and any relevant medical records.

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260 long ridge road stamford ct physical therapy: Harris New York Services Directory, ,

260 long ridge road stamford ct physical therapy: The Stanford Alumni Directory , 2004

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Ellen P. Tappero, DNP, RN, NNP-BC, Mary Ellen Honeyfield, DNP, RN, NNP-BC, 2014-09-01

Physical Assessment of the Newborn, 5th Edition, is a comprehensive text with a wealth of detailed information on the assessment of the newborn. This valuable and essential resource illustrates the principles and skills needed to gather assessment data systematically and accurately, and also provides a knowledge base for interpretation of this data. Coverage addresses: gestational assessment, neurologic assessment, neonatal history, assessment of the dysmorphic infant, and systemic evaluation of individual body systems, as well as key information on behavioral and pain assessment, including the use of specific tools with various groups ranging from term to extremely preterm infants. Numerous tables, figures, illustrations, and photos, many of them in full color, are a major strength that enhances the book's usefulness as a clinical resource. The text is an excellent teaching tool and resource for anyone who performs newborn examinations including nurses, neonatal and pediatric nurse practitioners, nurse-midwives, physicians and therapists. It can also serve as a core text for any program preparing individuals for advanced practice roles in neonatal care. KEY FEATURES: An authoritative and renowned text that comprehensively addresses all key aspects of newborn assessment Provides a well-ordered evaluation of individual body systems. Assists the practitioner in identifying infant state, behavioral clues, and signs of pain, facilitating individualized care. Comprehensively addresses the tremendous range of variation among newborns of different gestational ages. The content is amplified by numerous photos and illustrations, many in full color Includes Power Point slides and an Image Bank

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2013-03-05 A doctor on the front lines of hospital care illuminates one of the most important and controversial social issues of our time. It is harder to die in this country than ever before. Though the vast majority of Americans would prefer to die at home—which hospice care provides—many of us spend our last days fearful and in pain in a healthcare system ruled by high-tech procedures and a philosophy to “fight disease and illness at all cost.” Dr. Ira Byock, one of the foremost palliative-care physicians in the country, argues that how we die represents a national crisis today. To ensure the best possible elder care, Dr. Byock explains we must not only remake our healthcare system but also move beyond our cultural aversion to thinking about death. The Best Care Possible is a compelling meditation on medicine and ethics told through page-turning life-or-death medical drama. It has the power to lead a new national conversation.

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260 long ridge road stamford ct physical therapy: Management Information Systems

Kenneth C. Laudon, Jane Price Laudon, 2004 Management Information Systems provides comprehensive and integrative coverage of essential new technologies, information system applications, and their impact on business models and managerial decision-making in an exciting and interactive manner. The twelfth edition focuses on the major changes that have been made in information technology over the past two years, and includes new opening, closing, and Interactive Session cases.

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260 long ridge road stamford ct physical therapy: *Pioneering Women in American Mathematics* Judy Green, Jeanne LaDuke, 2009 This book is the result of a study in which the authors identified all of the American women who earned PhD's in mathematics before 1940, and collected extensive biographical and bibliographical information about each of them. By reconstructing as complete a picture as possible of this group of women, Green and LaDuke reveal insights into the larger scientific and cultural communities in which they lived and worked. The book contains an extended introductory essay, as well as biographical entries for each of the 228 women in the study. The authors examine family backgrounds, education, careers, and other professional activities. They show that there were many more women earning PhD's in mathematics before 1940 than is commonly thought. The material will be of interest to researchers, teachers, and students in

mathematics, history of mathematics, history of science, women's studies, and sociology.--BOOK JACKET.

260 long ridge road stamford ct physical therapy: The Human in Command Carol McCann, Ross Pigeau, 2012-12-06 This book brings together experienced military leaders and researchers in the human sciences to offer current operational experience and scientific thought on the issue of military command, with the intention of raising awareness of the uniquely human aspects of military command. It includes chapters on the personal experiences of senior commanders, new concepts and treatises on command theory, and empirical findings from experimental studies in the field.

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260 long ridge road stamford ct physical therapy: PIP Joint Fracture Dislocations Julie E. Adams, 2016-04-25 Comprised exclusively of clinical cases covering injuries to the proximal interphalangeal (PIP) joint, this concise, practical casebook will provide orthopedic surgeons and hand surgeons with the best real-world strategies to properly manage the multifaceted surgical techniques for management of the PIP. Each chapter is a case that opens with a unique clinical presentation, followed by a description of the diagnosis, assessment and management techniques used to treat it, as well as the case outcome and clinical pearls and pitfalls. Cases included illustrate both operative and non-operative treatment of volar fracture dislocations, dorsal block splinting and pinning, ORIF with screw fixation, volar plate and hemi hamate arthroplasty, PIP joint fusion, and pediatric PIP joint injuries, among others. Pragmatic and reader-friendly, PIP Joint Fracture Dislocations: A Clinical Casebook will be an excellent resource for orthopedic surgeons and Hand surgeons confronted with both common and complex fractures to the PIP joint.

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260 long ridge road stamford ct physical therapy: The Growing Spine Behrooz A. Akbarnia, Muharrem Yazici, George H. Thompson, 2010-12-31 Spinal disorders in very young children may be caused by a variety of conditions. The treatment of such conditions is often challenging due to the age of the patient and the progressive nature of the deformity. There also may be associated problems such as congenital anomalies, respiratory insufficiency, and neurological problems. Depending on the etiology of the deformity, these children are often cared for by multiple specialists including pediatricians, pediatric orthopaedists or orthopaedic spine surgeons, neurologists, pediatric surgeons, pediatric neurosurgeons, oncologists, and/or pulmonologists. Health professionals in all of the mentioned disciplines are involved in the management of these patients, which is why compiling a comprehensive textbook that is not limited to orthopedic specialists is essential. This textbook will effectively help to standardize the care of these patients. Furthermore, other professionals such as nurses, physical therapists and healthcare professionals in training are usually not familiar with these conditions and are in need of a reference book to consult when caring for children with spinal deformities.

260 long ridge road stamford ct physical therapy: Who's who in Finance and Business , 2004

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260 long ridge road stamford ct physical therapy: Dr. Shapiro's Picture Perfect Weight Loss Howard M. Shapiro, 2000-04-08 The secret to taking off those hated pounds? I lost 25 pounds living up to Dr. Shapiro's simple plan for reducing my waistline. What worked for me were the visual aids-- a picture can be worth 1,000 calories! They don't call him the Prince of Pounds for nothing!--Dennis Duggan, Pulitzer prize-winning columnist, Newsday Dr. Shapiro proves that great eating and weight loss can go hand in hand if you make the right choices. Starting the day right, eating out for pleasure or business, enjoying a snack or even a chocolate indulgence-- it can all be done without gaining weight, if you follow the picture perfect guidelines in this book. Dr. Shapiro's proven program of Food Awareness Training empowers you to take charge of your eating. You can stop depriving yourself, stop feeling guilty-- and stop dieting. Whether you want to lose 100 pounds or want to maintain the healthy weight you have now, here are the images that will instantly change your habits for life. Dr. Shapiro brings an important new approach to weight control. This book allows the reader to get the picture of a personal eating plan for healthy living.--George L. Blackburn, M.D., Ph.D., Harvard Medical School In 40 years of reading and evaluating writing on obesity and nutrition, this is one of the most clearly written books I have ever read. The photographs are indeed an innovation in understanding the details and personal applications of Dr. Shapiro's approach.--Maria Day Simonson, Sc.D., Ph.D., director, the Johns Hopkins Health, Weight, and Stress Clinic Dr. Shapiro has written the definitive book about making intelligent eating choices. The photos are truly a revelation, and the book's commonsense approach makes it accessible to

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260 long ridge road stamford ct physical therapy: *Handbook of Adolescent Behavioral Problems* Thomas P. Gullotta, Robert W. Plant, Melanie A. Evans, 2014-10-14 The Second Edition of the *Handbook of Adolescent Behavioral Problems* clarifies the current state of treatment and prevention through comprehensive examinations of mental disorders and dysfunctional behaviors as well as the varied forces affecting their development. New or revised chapters offer a basic framework for approaching mental health concerns in youth and provide the latest information on how conditions (e.g., bipolar disorder, suicidality, and OCD) and behaviors (e.g., sex offenses, gang activities, dating violence, and self-harm) manifest in adolescents. Each chapter offers diagnostic guidance, up-to-date findings on prevalence, biological/genetic aspects, risk and resilience factors, and a practical review of prevention and treatment methods. Best-practice recommendations clearly differentiate among what works, what might work, what doesn't work, and what needs further research across modalities, including pharmacotherapy. Key topics addressed include: Families and adolescent development. Adolescent mental health and the DSM-5. Oppositional Defiant Disorder and Conduct Disorder. Autism spectrum disorder. Media and technology addiction. School failure versus school success. Bullying and cyberbullying. The Second Edition of the *Handbook of Adolescent Behavior Problems* is a must-have reference for researchers, clinicians, allied practitioners and professionals, and graduate students in school and clinical child psychology, education, pediatrics, psychiatry, social work, school counseling, and public health.

260 long ridge road stamford ct physical therapy: *Advanced Therapy of Headache* R. Allan Purdy, 2005 Case-based compendium of advice for physicians with some background of headache. Headaches are addressed as case studies, with each chapter written by different authors. Halftone illustrations. Includes selected readings and editorial comments. CD-ROM includes the Seminars in Headache Management and Conquering Headache.

260 long ridge road stamford ct physical therapy: *Medical, Psychosocial and Vocational Aspects of Disability (4th Ed.)* Martin G. Brodwin, Fernando A. Tellez, Frances W. Siu, John Howard, Sandra K. Brodwin, Erin R. Brodwin, 2014-09-01

260 long ridge road stamford ct physical therapy: *Echocardiology* C. T. Lancee, 1979-06-30

260 long ridge road stamford ct physical therapy: *A Diary in the Strict Sense of the Term* Bronislaw Malinowski, 2004 The volume presents the diary of one of the great anthropologists at a crucial time in his career. Malinowski's major works grew out of his findings on field trips to New Guinea and North Melanesia from 1914-1918. His journals cover a considerable part of that period of pioneer research. The diary contains observations of native life and customs and vivid descriptions of landscapes. Many entries reveal his approach to his work and the sources of his thought. In his introduction, Raymond Firth discusses the significance of the notebooks which formed the basis for this volume. First published in 1967.

260 long ridge road stamford ct physical therapy: [Medical Device Register](#) , 1990 Contains a list of all manufacturers and other specified processors of medical devices registered with the Food and Drug Administration, and permitted to do business in the U.S., with addresses and telephone numbers. Organized by FDA medical device name, in alphabetical order. Keyword index to FDA established standard names of medical devices.

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Area code 260 - Wikipedia

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Consular Electronic Application Center - United States Department of State

DS-260, Online Immigrant Visa and Alien Registration Application; Check My Visa Application Status

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260 Area Code Phone Numbers - Whitepages

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Department of State (DS) and Other Non-USCIS Forms

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