

1554 northern blvd physical therapy

1554 Northern Blvd Physical Therapy: A Comprehensive Guide to Best Practices and Potential Pitfalls

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Summary: This comprehensive guide explores the intricacies of physical therapy services available at 1554 Northern Blvd, highlighting best practices for optimal patient outcomes. We delve into common pitfalls to avoid, emphasizing the importance of patient-therapist communication and adherence to prescribed treatment plans. The guide also provides valuable information on what to expect during your therapy journey and how to maximize your results at 1554 Northern Blvd physical therapy clinic.

Keywords: 1554 Northern Blvd physical therapy, physical therapy, orthopedic physical therapy, sports physical therapy, rehabilitation, pain management, manual therapy, best practices, common pitfalls, patient communication, treatment plans, Northern Boulevard physical therapy, Queens physical therapy.

Introduction to 1554 Northern Blvd Physical Therapy

This guide provides a detailed overview of the physical therapy services offered at the facility located at 1554 Northern Blvd. We will examine the various aspects of the patient experience, from initial evaluation to discharge planning. Understanding the best practices and potential pitfalls associated with physical therapy can significantly impact your recovery journey. This guide aims to empower you with the knowledge to actively participate in your rehabilitation and achieve optimal results at 1554 Northern Blvd physical therapy.

The Initial Evaluation at 1554 Northern Blvd Physical Therapy

The initial evaluation at 1554 Northern Blvd physical therapy is crucial. Your therapist will conduct a thorough assessment, including reviewing your medical history, performing a physical examination, and discussing your goals. Open communication during this stage is vital. Don't hesitate to ask questions about your condition, the proposed treatment plan, and the expected timeframe for recovery. A clear understanding from the outset sets the stage for a successful therapeutic relationship. Pitfalls to avoid include failing to accurately report your symptoms or discomfort, or not actively participating in the evaluation process.

Treatment Plans and Modalities at 1554 Northern Blvd Physical Therapy

Your individualized treatment plan at 1554 Northern Blvd physical therapy will likely incorporate various modalities, such as therapeutic exercises, manual therapy, modalities (e.g., ultrasound, electrical stimulation), and patient education. Your therapist will tailor the plan to your specific needs and goals. Best practices include actively engaging in your home exercise program and attending all scheduled therapy sessions. Common pitfalls include neglecting home exercises, missing appointments, or failing to communicate changes in your condition to your therapist. Consistent communication with your therapist at 1554 Northern Blvd physical therapy is key to adjusting the plan as needed.

Manual Therapy and its Role at 1554 Northern Blvd Physical Therapy

Manual therapy techniques, often utilized by therapists at 1554 Northern Blvd physical therapy, involve hands-on treatments to address musculoskeletal impairments. These techniques can help improve joint mobility, reduce pain, and promote soft tissue healing. Best practices include following your therapist's instructions carefully and providing honest feedback on the effectiveness of the techniques. A pitfall is expecting immediate results without consistent participation in the overall treatment plan.

Home Exercise Programs and Patient Adherence

A crucial component of successful physical therapy at 1554 Northern Blvd is adherence to your home exercise program. Your therapist will provide you with specific exercises to perform between sessions. Consistent practice is essential for strengthening muscles, improving range of motion, and accelerating recovery. Best practice is to diligently follow the program, while a pitfall is neglecting exercises or performing them incorrectly. Remember to communicate any challenges or difficulties you encounter with your exercises to your therapist at 1554 Northern Blvd physical therapy.

Communication and Collaboration with Your Therapist

Open communication is the cornerstone of a successful therapy journey at 1554 Northern Blvd physical therapy. Don't hesitate to ask questions, express concerns, or report any changes in your condition. Best practice involves active participation in decision-making regarding your care. A pitfall is passive participation or failing to voice your needs and concerns. Effective collaboration with your therapist ensures that the treatment plan remains relevant and effective throughout your rehabilitation.

Discharge Planning and Long-Term Management at 1554 Northern Blvd Physical Therapy

Discharge planning at 1554 Northern Blvd physical therapy involves transitioning you from active

treatment to self-management. Your therapist will provide you with instructions on how to maintain your progress, including ongoing exercises and preventative strategies. A best practice is to actively participate in discharge planning and develop a long-term plan for managing your condition. A common pitfall is assuming that once discharged, your rehabilitation is complete. Ongoing maintenance and preventative measures are crucial for long-term success.

Addressing Potential Pitfalls at 1554 Northern Blvd Physical Therapy

To maximize your success at 1554 Northern Blvd physical therapy, proactively address potential pitfalls:

Poor Communication: Communicate openly and honestly with your therapist.

Inconsistent Effort: Commit to regular attendance and home exercise programs.

Unrealistic Expectations: Understand that recovery takes time and effort.

Ignoring Pain: Report any new or worsening pain promptly.

Lack of Follow-Up: Maintain regular check-ups and preventative measures post-discharge.

Conclusion

Successful physical therapy at 1554 Northern Blvd hinges on a collaborative partnership between you and your therapist. By understanding best practices and avoiding common pitfalls, you can significantly improve your chances of achieving optimal outcomes. Active participation, clear communication, and consistent effort are vital ingredients for success. Remember, your therapist at 1554 Northern Blvd physical therapy is your partner in your recovery journey.

FAQs

1. What types of conditions does 1554 Northern Blvd physical therapy treat? They treat a wide

range of musculoskeletal conditions, including back pain, neck pain, sports injuries, arthritis, and post-surgical rehabilitation.

1. Do I need a doctor's referral to attend 1554 Northern Blvd physical therapy? In some cases, a referral may be required, depending on your insurance plan. It's best to contact them directly to verify.
1. What insurance plans does 1554 Northern Blvd physical therapy accept? They accept many major insurance providers. Check with them directly to confirm if your insurer is accepted.
1. What are the hours of operation at 1554 Northern Blvd physical therapy? Contact the facility directly to obtain their operating hours.
1. What is the typical length of a physical therapy session? Sessions usually last between 45 minutes and an hour.
1. What should I bring to my first appointment at 1554 Northern Blvd physical therapy? Bring your insurance card, a list of your medications, and any relevant medical records.

1. Is parking available at 1554 Northern Blvd physical therapy? Parking availability should be checked by contacting the facility.
1. Can I schedule an appointment online at 1554 Northern Blvd physical therapy? Check their website or contact them to see if online booking is available.
1. What if I have to reschedule my appointment? Contact 1554 Northern Blvd physical therapy as soon as possible to reschedule your appointment.

Related Articles

1. "Understanding Your Physical Therapy Treatment Plan at 1554 Northern Blvd": This article provides a detailed explanation of how treatment plans are developed and tailored to individual patient needs.
1. "Manual Therapy Techniques Used at 1554 Northern Blvd Physical Therapy": A detailed exploration of the specific manual therapy techniques employed by the therapists.

1. "Home Exercise Programs and Their Importance in Physical Therapy Recovery": This article highlights the significance of adherence to home exercise programs and provides tips for successful implementation.

1. "Maximizing Communication with Your Physical Therapist at 1554 Northern Blvd": This piece focuses on the importance of open communication between patient and therapist and provides tips for effective interaction.

1. "Common Pitfalls in Physical Therapy and How to Avoid Them": A general overview of common mistakes patients make and strategies for avoiding them.

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1554 northern blvd physical therapy: STOP, THAT and One Hundred Other Sleep Scales
Azmeah Shahid, Kate Wilkinson, Shai Marcu, Colin M Shapiro, 2012-01-06 There are at least four reasons why a sleep clinician should be familiar with rating scales that evaluate different facets of sleep. First, the use of scales facilitates a quick and accurate assessment of a complex clinical problem. In three or four minutes (the time to review ten standard scales), a clinician can come to a broad understanding of the patient in question. For example, a selection of scales might indicate that an individual is sleepy but not fatigued; lacking alertness with no insomnia; presenting with no symptoms of narcolepsy or restless legs but showing clear features of apnea; exhibiting depression and a history of significant alcohol problems. This information can be used to direct the consultation to those issues perceived as most relevant, and can even provide a springboard for explaining the benefits of certain treatment approaches or the potential corollaries of allowing the status quo to continue. Second, rating scales can provide a clinician with an enhanced vocabulary or language, improving his or her understanding of each patient. In the case of the sleep specialist, a scale can help him to distinguish fatigue from sleepiness in a patient, or elucidate the differences between sleepiness and alertness (which is not merely the inverse of the former). Sleep scales are developed by researchers and clinicians who have spent years in their field, carefully honing their preferred methods for assessing certain brain states or characteristic features of a condition. Thus, scales provide clinicians with a repertoire of questions, allowing them to draw upon the extensive experience of their colleagues when attempting to tease apart nuanced problems. Third, some scales are helpful for tracking a patient's progress. A particular patient may not remember how alert he felt on a series of different stimulant medications. Scale assessments administered periodically over the course of treatment provide an objective record of the intervention, allowing the clinician to examine and possibly reassess her approach to the patient. Finally, for individuals conducting a double-blind crossover trial or a straightforward clinical practice audit, those who are interested in research will find that their own clinics become a source of great discovery. Scales provide standardized measures

that allow colleagues across cities and countries to coordinate their practices. They enable the replication of previous studies and facilitate the organization and dissemination of new research in a way that is accessible and rapid. As the emphasis placed on evidence-based care grows, a clinician's ability to assess his or her own practice and its relation to the wider medical community becomes invaluable. Scales make this kind of standardization possible, just as they enable the research efforts that help to formulate those standards. The majority of Rating Scales in Sleep and Sleep Disorders:100 Scales for Clinical Practice is devoted to briefly discussing individual scales. When possible, an example of the scale is provided so that readers may gain a sense of the instrument's content. Groundbreaking and the first of its kind to conceptualize and organize the essential scales used in sleep medicine, Rating Scales in Sleep and Sleep Disorders:100 Scales for Clinical Practice is an invaluable resource for all clinicians and researchers interested in sleep disorders.

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1554 northern blvd physical therapy: Diseases of the Sinuses Christopher C. Chang, Gary A. Incaudo, M. Eric Gershwin, 2014-06-06 Diseases of the Sinuses: A Comprehensive Textbook of Diagnosis and Treatment, 2nd Edition, offers the definitive source of information about the basic science of the sinuses and the clinical approach to sinusitis. Since the widely praised publication of the first edition, understanding of sinus disease has changed dramatically, mainly as a result of recent developments and new discoveries in the field of immunology. This updated and expanded edition is divided into sections addressing, separately, the pathogenesis, clinical presentation, medical and surgical management of acute and chronic rhinosinusitis. Special entities such as autoimmune-related sinusitis, allergy and sinusitis, and aspirin-exacerbated respiratory disease are discussed in separate chapters. The role of immunodeficiency is also addressed. The management section has been fully updated to incorporate new medical modalities and surgical procedures. Developed by a distinguished group of international experts who share their expertise and insights from years of collective experience in treating sinus diseases, the book will appeal to anyone who has an interest in sinus disease, including both physicians and allied health professionals. Internists, pediatricians, allergists, otolaryngologists and infectious disease specialists will find the book to be an invaluable, comprehensive reference. Physician assistants and nurse practitioners who work with specialists who treat sinus disease will also benefit from the book.

1554 northern blvd physical therapy: Sports-Related Concussions in Youth National Research Council, Institute of Medicine, Board on Children, Youth, and Families, Committee on Sports-Related Concussions in Youth, 2014-02-04 In the past decade, few subjects at the intersection of medicine and sports have generated as much public interest as sports-related concussions - especially among youth. Despite growing awareness of sports-related concussions and campaigns to educate athletes, coaches, physicians, and parents of young athletes about concussion recognition and management, confusion and controversy persist in many areas. Currently, diagnosis is based primarily on the symptoms reported by the individual rather than on objective diagnostic markers, and there is little empirical evidence for the optimal degree and duration of physical rest needed to promote recovery or the best timing and approach for returning to full physical activity. Sports-Related Concussions in Youth: Improving the Science, Changing the Culture reviews the science of sports-related concussions in youth from elementary school through young adulthood, as well as in military personnel and their dependents. This report recommends actions that can be taken by a range of audiences - including research funding agencies, legislatures, state and school superintendents and athletic directors, military organizations, and equipment manufacturers, as well as youth who participate in sports and their parents - to improve what is known about concussions and to reduce their occurrence. Sports-Related Concussions in Youth finds that while some studies provide useful information, much remains unknown about the extent of concussions in youth; how to diagnose, manage, and prevent concussions; and the short- and long-term consequences of concussions as well as repetitive head impacts that do not result in concussion symptoms. The culture of sports negatively influences athletes' self-reporting of concussion symptoms and their adherence to return-to-play guidance. Athletes, their teammates, and, in some cases, coaches and parents may not fully appreciate the health threats posed by concussions. Similarly, military recruits are immersed in a culture that includes devotion to duty and service before self, and the critical nature of concussions may often go unheeded. According to Sports-Related Concussions in Youth, if the youth sports community can adopt the belief that concussions are serious injuries and emphasize care for players with concussions until they are fully recovered, then the culture in which these

athletes perform and compete will become much safer. Improving understanding of the extent, causes, effects, and prevention of sports-related concussions is vitally important for the health and well-being of youth athletes. The findings and recommendations in this report set a direction for research to reach this goal.

1554 northern blvd physical therapy: *Pediatric Incontinence* Israel Franco, Paul Austin, Stuart Bauer, Alexander von Gontard, Yves Homsy, 2015-09-23 Pediatric incontinence: evaluation and clinical management offers urologists practical, 'how-to' clinical guidance to what is a very common problem affecting up to 15% of children aged 6 years old. Introductory chapters cover the neurophysiology, psychological and genetic aspects, as well as the urodynamics of incontinence, before it moves on to its core focus, namely the evaluation and management of the problem. All types of management methods will be covered, including behavioural, psychological, medical and surgical, thus providing the reader with a solution to every patient's specific problem. The outstanding editor team led by Professor Israel Franco, one of the world's leading gurus of pediatric urology, have recruited a truly stellar team of contributors each of whom have provided first-rate, high-quality contributions on their specific areas of expertise. Clear management algorithms for each form of treatment support the text, topics of controversy are covered openly, and the latest guidelines from the ICCS, AUA and EAU are included throughout. Perfect to refer to prior to seeing patients on the wards and in the clinics, this is the ideal guide to the topic and an essential purchase for all urologists, pediatric urologists and paediatricians managing children suffering from incontinence.

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before-and-after implementation studies, and observational data. The third part dives deeper into specific use cases for telemedicine in the ICU, including telestroke, pediatric and cardiac intensive care, and early treatment of declining patients with sepsis. Written by experts in the field, *Telemedicine in the ICU* is a practical guide for intensive care physicians and hospital administrators that provides all the information necessary in building and maintaining a successful tele-ICU program.

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1554 northern blvd physical therapy: *Urological and Gynaecological Chronic Pelvic Pain* Robert M. Moldwin, 2018-08-12 This text is designed for those clinicians who feel comfortable diagnosing these illnesses and wish to enhance their knowledge base and skill set regarding treatment options. Referrals for pelvic pain are common in urological and gynaecological practice; and may lead to varied diagnoses such as interstitial cystitis/bladder pain syndrome, chronic prostatitis/chronic pelvic pain syndrome, pelvic floor dysfunction, chronic orchialgia, and vulvodynia. To make matters more complex, each of these conditions is frequently associated by co-morbidities. The text is unique in being organized by the multiple and multifaceted therapies that are available, rather than by specific disorders. The text is richly illustrated with multiple diagrams, figures, and tables, making it the “go to” and “how to” reference for patient treatment.

1554 northern blvd physical therapy: *Common Cold* Ronald Eccles, Olaf Weber, 2009-11-16 The common cold is unlike any other human disease because of two factors: firstly, it is arguably the most common human disease and, secondly, it is one of the most complex diseases because of the number of viruses that cause the familiar syndrome of sneezing, sore throat, runny nose and nasal congestion. These two factors have made a ‘cure’ for the common cold one of the most difficult scientific and clinical endeavours (a topic often discussed in the popular media, where comparisons are made with the ease of putting a man on the moon). The present book brings together a wide range of experts from epidemiologists to virologists and pharmacologists to look at recent advances in our knowledge of the common cold. In some respects the book is unique, as it focuses on the common cold, a syndrome so familiar to the layperson but one that receives little attention from the scientist and clinician. The common cold can be viewed from many different aspects as illustrated in Figure 1. The core knowledge for understanding the common cold must first come from virology and this is discussed in several chapters of the book. There have been major advances in this field because of the use of new methods of detecting viruses such as polymerase chain reaction techniques that have greatly aided our understanding of the epidemiology of viruses associated with common cold.

1554 northern blvd physical therapy: *American Psychiatric Association Practice Guidelines* American Psychiatric Association, 1996 The aim of the American Psychiatric Association Practice Guideline series is to improve patient care. Guidelines provide a comprehensive synthesis of all available information relevant to the clinical topic. Practice guidelines can be vehicles for educating psychiatrists, other medical and mental health professionals, and the general public about appropriate and inappropriate treatments. The series also will identify those areas in which critical information is lacking and in which research could be expected to improve clinical decisions. The Practice Guidelines are also designed to help those charged with overseeing the utilization and

reimbursement of psychiatric services to develop more scientifically based and clinically sensitive criteria.

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1554 northern blvd physical therapy: Microbiological Aspects of Biofilms and Drinking Water Steven Lane Percival, James Taggari Walker, Paul R. Hunter, 2000-05-23 The development of biofilms and their role in public health - particularly drinking water - is often overlooked. Ideal for anyone interested in water related issues, Microbiological Aspects of Biofilms and Drinking Water presents an overview of the public health effects associated with drinking water. It highlights the microbiological aspects relat

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1554 Yarborough Rd, Parkton, NC 28371 | Redfin

1554 Yarborough Rd is a 1,440 square foot vacant land on a 20.38 acre lot with 3 bedrooms and 2 bathrooms. - it last sold on March 02, 1992 for \$15,000. Based on Redfin's Parkton data, we ...

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1554 Yarborough Rd, Parkton, NC 28371 | Homes.com

This home is located at 1554 Yarborough Rd, Parkton, NC 28371 and is currently estimated at \$280,659, approximately \$194 per square foot. 1554 Yarborough Rd is a home located in ...

1554 Yarborough Rd, Parkton, NC 28371 - Trulia

1554 Yarborough Rd, Parkton, NC 28371 is a 1,440 sqft, 3 bed, 2 bath home sold in 1992. See the estimate, review home details, and search for homes nearby.

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