

alta view physical therapy

Alta View Physical Therapy: A Comprehensive Guide to Holistic Recovery

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Understanding Alta View Physical Therapy's Holistic Approach

Alta View Physical Therapy distinguishes itself through a holistic approach to patient care. This means addressing not only the physical symptoms but also the underlying causes contributing to the patient's condition. The therapists at Alta View believe in empowering patients to take an active role in their recovery journey through education, individualized treatment plans, and ongoing support. This commitment to comprehensive care is reflected in their diverse range of methodologies.

Core Methodologies Employed at Alta View Physical Therapy

Alta View Physical Therapy employs a diverse range of evidence-based methodologies to address a wide spectrum of musculoskeletal conditions. These include:

1. Manual Therapy Techniques:

At the heart of Alta View Physical Therapy's approach lies manual therapy. This hands-on

treatment involves skilled manipulation of soft tissues to reduce pain, improve joint mobility, and restore muscle function. Specific techniques used at Alta View include:

Joint mobilization/manipulation: Gentle or forceful joint movements to improve range of motion and reduce joint restrictions.

Soft tissue mobilization: Techniques like massage, myofascial release, and trigger point therapy to address muscle tightness, spasms, and adhesions.

Neural mobilization: Gentle techniques to address nerve restrictions and improve nerve gliding, relieving pain and improving function.

These manual therapy techniques at Alta View Physical Therapy are tailored to each patient's specific needs and condition, ensuring optimal comfort and effectiveness.

2. Therapeutic Exercise:

Therapeutic exercise forms the cornerstone of any rehabilitation program at Alta View Physical Therapy. Exercises are carefully designed and progressed to improve strength, flexibility, balance, coordination, and endurance. These exercises may include:

Range of motion exercises: To restore and improve joint mobility.

Strengthening exercises: To improve muscle strength and stability.

Neuromuscular re-education: To improve muscle control and coordination.

Cardiovascular exercise: To improve overall fitness and endurance.

Proprioceptive training: To improve balance and coordination.

The therapists at Alta View Physical Therapy work closely with patients to develop personalized exercise programs that are safe, effective, and adaptable to their individual needs and capabilities. Regular progress monitoring ensures the exercises remain challenging yet achievable.

3. Functional Training:

Alta View Physical Therapy goes beyond restoring basic movement; they focus on functional training. This approach emphasizes activities that replicate real-life movements and tasks, helping patients regain independence and improve their quality of life. This might involve:

Task-specific training: Practicing movements relevant to the patient's daily activities (e.g., lifting, bending, walking).

Gait training: Improving walking patterns and reducing fall risk.

Return-to-work/sport programs: Helping patients safely return to their previous activities.

4. Modalities:

Alta View Physical Therapy utilizes various physical modalities to manage pain, reduce inflammation, and promote healing. These may include:

Ultrasound: Uses sound waves to stimulate tissue healing and reduce inflammation.

Electrical stimulation: Uses electrical currents to stimulate muscles, reduce pain, and improve circulation.

Heat and cold therapy: Applies heat or cold to manage pain and inflammation.

Iontophoresis: Delivers medication through the skin using electrical currents.

The choice of modality is determined by the specific needs of the patient and the goals of treatment.

5. Patient Education and Empowerment:

A key aspect of Alta View Physical Therapy's approach is patient education. Therapists spend time explaining the patient's condition, treatment plan, and home exercise program, fostering a collaborative relationship. This empowers patients to take control of their recovery and make informed decisions about their care.

Specific Conditions Treated at Alta View Physical Therapy

Alta View Physical Therapy treats a wide range of musculoskeletal conditions, including:

Orthopedic injuries: Sprains, strains, fractures, dislocations.

Post-surgical rehabilitation: Following joint replacement, spine surgery, or other procedures.

Neurological conditions: Stroke, multiple sclerosis, Parkinson's disease.

Chronic pain syndromes: Fibromyalgia, back pain, neck pain.

Sports injuries: Ligament tears, muscle strains, concussions.

Geriatric rehabilitation: Addressing mobility issues and improving quality of life in older adults.

Conclusion

Alta View Physical Therapy provides a comprehensive and holistic approach to patient care, integrating various evidence-based methodologies to achieve optimal outcomes. Their commitment to personalized treatment plans, patient education, and functional training sets them apart, empowering individuals to regain their independence and improve their overall well-being. The skilled therapists at Alta View Physical Therapy are dedicated to helping patients achieve their rehabilitation goals.

Frequently Asked Questions (FAQs)

1. What types of insurance does Alta View Physical Therapy accept? Alta View accepts most major insurance plans. It's best to contact them directly to verify coverage.

1. Do I need a referral to see a physical therapist at Alta View? Referral requirements vary depending on your insurance plan. Contact your insurance provider or Alta View directly to clarify.
1. What should I bring to my first appointment at Alta View Physical Therapy? Bring your insurance card, a list of current medications, and any relevant medical records.
1. How long will my treatment at Alta View Physical Therapy last? The duration of treatment varies depending on the condition and individual response to therapy.
1. What are the hours of operation at Alta View Physical Therapy? Hours of operation can be found on their website or by contacting them directly.
1. Is Alta View Physical Therapy accessible to individuals with disabilities? Alta View Physical Therapy aims to provide accessible services. Contact them directly to discuss any specific accessibility needs.
1. What is the cost of treatment at Alta View Physical Therapy? The cost will depend on your insurance coverage and the length of treatment. Contact them for a personalized estimate.
1. Do they offer telehealth services at Alta View Physical Therapy? This should be confirmed by contacting Alta View directly, as telehealth availability can change.
1. What is Alta View Physical Therapy's cancellation policy? Alta View will likely have a cancellation policy; contacting them directly will provide this information.

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discharge), intervention (day following CR discharge to day when final report sent), and maintenance (day following the final report to ~1 month later). Activity tracking was successfully deployed and, with weekly reports following CR, may offset the usual decline in physical activity. When weekly reports ceased, a decline in steps/day occurred. A scaled-up intervention with a more rigorous study design with sufficient sample size can evaluate this approach further.

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pediatric and geriatric information that can be applied in the clinical setting. Basic guidelines refer back to leading textbooks, Pedretti's Occupational Therapy and Physical Dysfunction Practice Skills for the Occupational Therapist Assistant, for more detailed information. Coverage of all patient populations includes adult, pediatric, mental health, and neurological conditions. Convenient index makes it easy to locate tools you need to evaluate or treat a specific region or area. Pocket size and lay-flat binding provide convenience and portability for easy reference.

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Endurance in Sport is a comprehensive and authoritative work on all aspects of this major component of sports science. The book also embraces medical and sport-specific issues of particular relevance to those interested in endurance performance. The scientific basis and mechanisms of endurance - physiological, psychological, genetic and environmental - are all considered in depth. Measurement of endurance is extensively reviewed as is preparation and training for physical activities requiring endurance.

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When a child has a health problem, parents want answers. But when a child has cerebral palsy, the answers don't come quickly. A diagnosis of this complex group of chronic conditions affecting movement and coordination is difficult to make and is typically delayed until the child is eighteen months old. Although the condition may be mild or severe, even general predictions about long-term prognosis seldom come before the child's second birthday. Written by a team of experts associated with the Cerebral Palsy Program at the Alfred I. duPont Hospital for Children, this authoritative resource provides parents and families with vital information that can help them cope with uncertainty. Thoroughly updated and revised to incorporate the latest medical advances, the second edition is a comprehensive guide to cerebral palsy. The book is organized into three parts. In the first, the authors describe specific patterns of involvement (hemiplegia, diplegia, quadriplegia), explain the medical and psychosocial implications of these conditions, and tell parents how to be effective advocates for their child. In the second part, the authors provide a wealth of practical advice about caregiving from nutrition to mobility. Part three features an extensive alphabetically arranged encyclopedia that defines and describes medical terms and diagnoses, medical and surgical procedures, and orthopedic and other assistive devices. Also included are lists of resources and recommended reading.

alta view physical therapy: The Trigger Point Therapy Workbook Clair Davies, Amber Davies, 2013-09-01 Trigger point therapy is one of the fastest-growing and most effective pain therapies in the world. Medical doctors, chiropractors, physical therapists, and massage therapists are all beginning to use this technique to relieve patients' formerly undiagnosable muscle and joint pain,

both conditions that studies have shown to be the cause of nearly 25 percent of all doctor visits. This book addresses the problem of myofascial trigger points—tiny contraction knots that develop in a muscle when it is injured or overworked. Restricted circulation and lack of oxygen in these points cause referred pain. Massage of the trigger is the safest, most natural, and most effective form of pain therapy. Trigger points create pain throughout the body in predictable patterns characteristic to each muscle, producing discomfort ranging from mild to severe. Trigger point massage increases circulation and oxygenation in the area and often produces instant relief. The Trigger Point Therapy Workbook, Third Edition, has made a huge impact among health professionals and the public alike, becoming an overnight classic in the field of pain relief. This edition includes a new chapter by the now deceased author, Clair Davies' daughter, Amber Davies, who is passionate about continuing her father's legacy. The new edition also includes postural assessments and muscle tests, an illustrated index of symptoms, and clinical technique drawings and descriptions to assist both practitioners and regular readers in assessing and treating trigger points. If you have ever suffered from, or have treated someone who suffers from myofascial trigger point pain, this is a must-have book.

alta view physical therapy: The Patella Giles R. Scuderi, 1995-02-24 The problems of the patellofemoral joint remain a challenge to the orthopaedic surgeon. In spite of many articles in scientific journals, an outstanding monograph, and several excellent textbook chapters, the patella is still an enigma in many respects. The etiology of patellar pain is controversial, and there is no completely satisfying explanation for its cause or its relationship to chondromalacia. Curiously, neither the widespread use of arthroscopy nor the advent of newer diagnostic tests such as CT scanning and magnetic resonance imaging have cast much light. Without a better understanding of why patellar disorders occur it is not surprising that there is no consensus on how to fix them. Arthroscopy has contributed little except to the patient's psyche. The currently most popular surgical treatment for recurrent dislocation of the patella was first described 50 years ago. One concrete advance, albeit a small one, is a better understanding of the role of anatomical abnormalities and patellofemoral dysplasia in patellar instabilities. It gives me great pleasure that many of the contributors are, like Dr.

alta view physical therapy: Occupational Group Therapy Rosemary Crouch, 2021-04-14 OCCUPATIONAL GROUP THERAPY Occupational Group Therapy helps group leaders achieve a higher and more dynamic level of therapeutic intervention, gain a better understanding of foundational concepts and research, and utilise active techniques that have meaningful and lasting effects on their clients. This practical guide encourages readers to use and develop their skills creatively in a range of interventions, including hospital-based work with acutely ill clients, physical acute care, and rehabilitation. The text presents both the theoretical background and practical applications of occupational group therapy: core skills and concepts, styles of group leadership, clinical and ethical reasoning, and different models of therapy such as the functional group model, the model of human occupation (MOHO), and the occupational therapy interactive group model (OTIGM), alongside warm-up and ice-breaker techniques, role-play exercises, assertiveness and social skills training strategies, guidance on using psychodrama and the therapeutic spiral model (TSM) in group settings, and more. Develops the skills and self-confidence occupational therapists need to be effective group leaders Covers the functional and performance aspects necessary for occupational therapy intervention, including client handling, and structuring and communication skills. Discusses new ways of addressing common concerns and issues in various intervention settings Offers ideas and techniques for using higher-level interventions, such as psychodrama and the Therapeutic Spiral model Helps readers to design effective group experiences that allow their clients to "work on themselves" both inside and outside of the group Written by an esteemed expert with decades of practical experience in the field, with a chapter from Louise Fouché, an accomplished occupational group therapist and developer of OTIGM, and foreword by Professor Emerita Sharon Brintnell, former President of World Federation of Occupational Therapy (WFOT): Occupational Group Therapy is a must-have teaching manual and guide for undergraduate and post-graduate occupational therapy students, and for practitioners looking to increase their use of

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