

# Services

## Services

When you choose Choice Physical Therapy, you'll benefit from one of the area's largest selection of specialized services and unique programs which include:

### One-on-One/Hands on Physical Therapy

We specialize in individualized treatments emphasizing manual therapy techniques.

### Sports Medicine + Orthopedic + Post Surgical Rehabilitation

Our therapists are experts at managing your recovery after hip, knee, shoulder, spine, ankle surgery and more. We work closely with your surgeons and physicians to provide coordinated care. Orthopedic rehabilitation programs help patients get back to their daily routines and recreational activities.

### Instrument Assisted Soft Tissue Mobilization

Instrument-assisted soft tissue mobilization enables clinicians to effectively break down scar tissue and fascial restrictions. Originally developed by athletes, the technique utilizes specially designed stainless steel instruments to specifically detect and effectively treat areas exhibiting soft tissue fibrosis or chronic inflammation.

## Modalities

Physical therapists use a variety of modalities to help strengthen, relax, and heal muscles. Here are a few of the treatment modalities available at Choice Physical Therapy

- Iontophoresis
- Electrical Stimulation
- Therapeutic Ultrasound
- Taping
- Cupping

## Therapeutic Exercise

Physical Therapists by training are “movement specialists”. We have extensive training in orthopaedic medicine, exercise science and musculoskeletal trauma, allowing us to provide the most up-to-date treatment approaches. Our therapists will guide you through corrective exercise to improve muscle imbalance, functional movement to address the activities of daily living and movement and, ultimately sport/work specific exercises that help you get back to you.

## **Biomechanical Evaluation for Orthotics**

Our physical therapists are able to make custom orthotics. During the process we will go beyond looking at just your feet. We will look at your gait and evaluate the biomechanics of your movement in order to address any areas of concern and opportunity as it relates to your feet and beyond.

## **SafeSports™**

Designed to give competitive and recreational athletes the knowledge they need to prevent, recognize and manage sports-related injuries. Choice Physical Therapy’s Safe Sports programs feature annual sports performance clinics, free injury screenings and education programs.

## **SafeWork™**

Occupational Health Services and Rehabilitation. Employers and employees take advantage of Choice Physical Therapy’s workplace health and safety programs, including work site assessments, work conditioning, work injury management, industrial rehabilitation, ergonomic evaluations, and preventive education programs. Clinicians are skilled manual therapists and have a “hands-on” approach to care.

## **Balance/Fall Prevention/Vestibular Rehab**

Injury from falls can be a life-changing event for anyone but especially the elderly. Choice PT offers a range of clinic and community-based fall prevention programs. We can help improve your overall strength and balance and teach you how to minimize the risk of falling in your environment.

Our therapists are also skilled in managing vestibular disorders which often lead to vertigo, dizziness, and balance disturbances.

## **Pelvic Floor Physical Therapy**

The muscles of the pelvic floor play a key role in core stability, breathing and posture, as well as the support of the pelvic organs. Pelvic floor muscles work alongside other key muscles to enable proper support of the lower back, pelvis, bladder and bowel. Pelvic floor dysfunction, be it weakness, laxity or spasm, can have a

significant impact on your overall health, leading to conditions such as incontinence, prolapse, pelvic pain and sexual dysfunction. Physical Therapy services that address the pelvic floor are performed in a private, comfortable setting where your physical therapist will develop and implement a comprehensive treatment plan which may include a variety of manual therapy techniques, behavioral therapy, therapeutic exercise and neuromuscular re-education with the use of biofeedback if indicated.