

Physical Therapy

Rehabilitation

The following conditions are managed with thorough evaluation, diagnosis, and individualized treatment:

- Arthritis
- Hip Pain/Replacement
- SI Joint Dysfun.
- Back Pain/Sciatica
- Pediatric care
- Total Joint Replacements
- CVA/Stroke Rehab
- Dizziness/Balance Problems
- Tendinitis
- Pinched/Irritated Nerves
- Orthopedic Injuries/Sprains/Strains
- Headaches
- Foot Pain/Plantar Fasciitis
- Shldr pain/Impingement/Dislocations
- Ankle sprain/fracture/pain
- ACL reconstruction surgery
- Pain following fall/car accident
- Rot. Cuff Tears/Surgery
- TMJ Dysfunction
- Pain following immobilization
- Heel pain/Achilles

TREATMENTS MAY INCLUDE THE FOLLOWING:

Manual Therapy: Soft tissue mobilization, deep tissue work, trigger point release, superficial and deep myofascial release, proprioceptive neuromuscular facilitation (PNF), assisted stretching, manual traction, joint mobilization, joint capsule release, assisted muscle energy techniques, craniosacral rhythm assessment.

Therapeutic Exercises: Improve strength/stability, range of motion/flexibility, power, agility, endurance, and balance/proprioception with a gym program, aquatic program, and/or home program utilizing dumbbells, resistive tubing, stability balls, gym machines, vibration platforms, balance boards and discs, pools, medicine balls, and body weight exercises.

Modalities: Thermal and non-thermal ultrasound, cervical and lumbar mechanical traction, electrical stimulation for pain/inflammation control and muscle strength, iontophoresis with dexamethasone for anti-inflammatory effects, moist heat, cold packs and ice massage.

Medical equipment: Custom or prefabricated orthotic fitting, custom or prefabricated splints/casts, home electrical stimulation units, home traction units, Dynasplint fitting, crutches/cane/assistive device fitting, athletic/supportive taping.

ACUTE PHASE OF TREATMENT:

Early physical therapy following injury or surgery will decrease pain, improve range of motion, maximize rehabilitation potential, and maintain physical fitness. Treatments may include gentle range of motion, massage for muscle spasms and swelling, incision management, brace or assistive device fitting, and safe cardiovascular exercise to enhance blood flow and decrease inflammation in the body.

SUB-ACUTE PHASE OF TREATMENT:

This stage of healing is when your body is remodeling tissues and beginning to decrease inflammation. In this phase it is important to promote range of motion and flexibility, decrease pain and swelling, and begin to gain strength. Treatments may include range of motion, assisted stretching, joint mobilization, gentle therapeutic exercises and aquatic therapy, brace or orthotic fitting, and individualized education regarding posture, ergonomics, activities of daily living, and gait.

CHRONIC PHASE OF TREATMENT:

Many injuries, surgeries, or conditions remain in the chronic phase from improper or insufficient rehabilitation, continued microtrauma, muscle imbalances, flexibility deficiencies, or poor posture/body mechanics. Physical therapy will identify the factors contributing to the perpetrating aspects of your condition, and utilize the following as indicated: soft tissue mobilization from myofascial release to deep tissue/trigger point work, activity specific exercises to improve strength/muscle activation and timing, modalities to reduce residual inflammation/pain and increase tissue extensibility, walking/running/posture/performance analysis, etc.

INJURY PREVENTION AND WELLNESS:

Many injuries can be prevented. Once you have had an injury, you are prone to re-injury or an injury from compensation and/or faulty mechanics. MountainTop will perform a thorough and comprehensive evaluation to identify areas of weakness, tightness, or incorrect body mechanics, posture, or performance. Wellness is a large aspect of injury prevention and living a long, healthy life. Wellness may include the transition from rehabilitation to personal training and an independent fitness program, or an individualized exercise program to target your specific needs.