

Services

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Sutton Place Physical Therapy In Midtown East Manhattan

At Sutton Place Physical Therapy we treat a broad range of injuries and conditions. The following an overview of some of the common areas of treatment. Please contact us to discuss how we can help get you moving again.

Back and Neck Pain

Have you been living with back or neck pain? These are common conditions; however that does not mean you have to live with this pain. Here at Sutton Place Physical Therapy we use a variety of treatment techniques to relieve your pain, improve your fitness, and prevent future injury. These include soft tissue massage, manual mobilizations, electric stimulation, and lumbar and core muscular stabilization programs. Your physical therapist will design a unique program specifically to fit your condition.

Before and After Surgery

When you're having surgery it is important to be at your maximum level of function prior to the procedure in order to have the best recovery possible. This is true for any surgery including total hip and knee replacements, spinal procedures, ankle and foot fusions, bunionectomies, surgically repaired fractures, ACL/MCL repairs, rotator cuff repairs, labral repairs, Achilles Tendon repairs, and many more procedures.

After surgery, physical therapy is vital to recovery. Your range of motion will be limited and your strength will diminish as a result of surgery. Sutton Place Physical Therapy will work with you to regain your function and achieve your personal goals.

Breast Cancer

After your surgery or breast cancer treatment, it can be common to experience limited shoulder and neck range of motion, weakness, and pain with arm movement. Sutton Place Physical Therapy's Breast Cancer Rehabilitation Program is designed to tackle these impairments, restore your mobility, and prevent long term negative effects. Treatments will include soft tissue mobilization, joint mobilization, neuromuscular re-education, and motor facilitation techniques. Research has shown that these treatments are very effective in decreasing your pain and restoring your mobility.

Concussions

Concussions are complex injuries with prolonged and debilitating symptoms including migraines, cognitive changes, sleep disturbance, and neuropsychiatric disturbances. Because every case is unique, there is no set timeframe for recovery of symptoms: some people recover in days and others endure long-term effects.

If you or someone you know has suffered a concussion, you may experience difficulty balancing, symptoms of dizziness, or significant neck tension/headaches. Based on a thorough evaluation by one of our skilled

physical therapists, we will be able to determine how to best address these limitations and help you safely return to a symptom free lifestyle.

Our Physical Therapists can help to gradually and safely reduce dizziness symptoms by stimulating the vestibular system: the balance center in the brain. The therapist will provide specialized exercises to improve your balance and regain stability. Neck injuries can cause headaches and can even increase certain forms of dizziness. Your therapist will assess your neck after a concussion to help reduce headache symptoms and tension with therapeutic soft tissue massage, joint mobilizations, and postural strengthening exercises.

It is important that you contact your healthcare professional in a timely manner following a concussion so that you may achieve the highest level of recovery possible. Do not hesitate to call Sutton Place Physical Therapy today!

Osteoporosis

If you have been recently diagnosed with osteoporosis or osteopenia, a well-designed exercise program combining impact and non-impact movement is essential to preventing future injuries. These conditions put you at an increased risk for fractures. If you need Physical Therapy in Midtown Manhattan for Osteoporosis, contact Sutton Place Physical Therapy. We will focus on maintaining your bone density, increasing the strength and endurance of your muscles.

Running Injuries

If you have a running injury, the team at Sutton place physical therapy in midtown Manhattan will get you back on your feet. We examine all aspects of your musculoskeletal health and fitness, therefore identifying areas of weakness and limitation which could have caused your initial injury. Injury prevention and endurance training are key aspects of our program to help you achieve your goals.

Sports and Recreational Injuries

Have you been pushing yourself in your favorite activity? If so, you may have developed some pain as a result. Tendinitis, fractures, sprains, and strains are common injuries. At Sutton Place Physical Therapy, we utilize the most effective treatment approaches available to facilitate your recovery. We will work with you to get you back to doing what you love.

Vestibular

Have you been feeling dizzy lately? BPPV is a condition in which crystals within the ear become displaced and negatively affect the vestibular balance system. As a result, you feel episodes of dizziness when changing positions. Physical therapy is a very effective and non-invasive treatment for vertigo. Physical therapists will use specific maneuvers to alter the position of the crystals in your ear, restoring your vestibular system. Techniques to retrain your balance system will also be utilized. Sutton Place Physical Therapy specializes in this treatment.

Walking and Balance

Have you fallen recently? Or are you afraid of falling? If so, it is essential that you improve both your balance and confidence. Injuries resulting from falls can be devastating, and it is our goal at Sutton Place Physical Therapy in midtown manhattan is to prevent as many falls as possible. We will work one-on-one with you to improve your balance and walking, using various techniques to challenge your balance in new ways. We will improve your confidence to help you feel safe walking on the street and in your own home.

Work Place Injuries

If your job involves manual labor, desk work, or traveling, Sutton Place Physical Therapy can help you. Ergonomics, postural control, and equipment placement have a significant impact on preventing pain or injury. We will help you create an environment that is safe, strengthen your postural control, correct your body position, and decrease the risk of future injury.

Additional Information

- Foot & Ankle Center
- Hospital for Special Surgery Certified Hip Specialist
- Doctors of Physical Therapy
 - Maitland
 - FMS Certified
- Fitness and Wellness
- Weight Loss Program

Commonly Treated Problems

- Arthritis, Bursitis, Tendonitis
- Balance and Gait Disorders
- Fractures, Sprains, Strains
- Headaches
- Upper Extremity Rehab (shoulder, elbow, wrist)
- Lower Extremity Rehab (hip, knee, ankle, foot)
- Neck and Back Pain
- Osteoporosis
- Overuse Syndromes
- Post Surgical
- Pre-surgical
- Runners' Injuries
- Tennis Injuries
- Total Joint Replacements
- Vestibular Rehabilitation

Equipment

- Balance Training
- Bikes
- Biofeedback for Muscle Re-education
- Cervical and Lumbar Traction
- Electric Stimulation
- Low Level LASER
- Iontophoresis
- Paraffin
- Strength Training
- TENS
- Treadmill
- Ultrasound