

# Rehabilitation & Injury

## Orthopedic and Sports Care

## Orthopedic and Sports Care in Midtown East Manhattan

Joint and soft tissue injuries can occur suddenly following an accident or trauma or as a result of years of wear-and-tear. Place Physical & Aquatic Therapy's physical therapist team is qualified to treat your injury having completed extensive education and clinical education. Your therapist will identify your impairments and limitations and tailor a program to optimize your return to your favorite activities. Whether you are a high-level athlete trying to return to your sport, or would just like to increase your activity level to lead a more healthy and active lifestyle, your physical therapist will help you achieve your goals. Your therapist will implement appropriate manual techniques and modalities to assist in pain and healing, then guide you through an exercise program to improve underlying limitations, such as pain, weakness, flexibility, joint stability/mobility, balance, and postural issues.

Some of the more common conditions for which physical therapists provide treatment include:

- **Sports injuries:** There is nothing more discouraging for an athlete than to experience an injury that sidelines their participation in their favorite sport. The *sports care in Midtown East Manhattan* will provide you with the ne

tools to expedite your return to your sport. Your therapist has extensive experience in treating numerous sports-related injuries and will provide treatments to manage pain and design an exercise program with the goal of returning you to your sport as swiftly and safely as possible. Some common sports-related injuries our therapists treat include: Ankle Sprains, Hamstring Strains, Patellofemoral Pain Syndrome, Iliotibial Band Syndrome, Achilles Tendonitis, Plantar Fasciitis, Lumbar (low back) Pain, Rotator Cuff Tears, Shoulder Labral Tears, Elbow Sprains, Lateral and Medial Epicondylitis (tennis and golf elbow), Wrist and Hand Fractures, and Concussion.

- **Post-surgical therapy:** Following surgery, *Orthopedic therapy in Midtown East Manhattan* provides a comprehensive hands-on approach that safely assists you in reaching your goals while protecting the integrity of the surgical repair. Our therapist works closely with your surgeon and the surgical team to guide you through your post-operative rehabilitation. Your therapist will reinforce precautions, help manage pain, and provide an exercise program taking into consideration the appropriate timeline of healing. Some common surgical procedures we treat include: Arthroscopic Surgery (including ACL Reconstructions and Meniscectomies), Total Hip Replacements, Total Knee Replacements, Total Shoulder Replacements, Rotator Cuff Repairs, Spinal Laminectomies and Discectomies.
- **Workplace Injuries:** Workplace injuries are often the result of repetitive stress; often due to poor body mechanics or improper workplace design. As part of your initial evaluation, your therapist will gather information about your workplace set-up and offer recommendations to reduce unnecessary physical stressors. Some common workplace injuries we treat include: Carpal Tunnel Syndrome, Back injuries, and other repetitive strain injuries.
- **Other Orthopedic Conditions:** *Orthopedic therapy in Midtown East Manhattan* offers an individualized approach to many orthopedic conditions. Some other common conditions we treat include: Osteoarthritis, Rheumatoid Arthritis, Herniated Discs, Sciatica, Tendonitis, Muscle Strains, Whiplash Associated Disorder, Scoliosis and other Postural Disorders.

Your first therapy visit will include a thorough evaluation which will start with your therapist gathering important information about your symptoms, followed by an examination, utilizing specific tests and measures to best assess your condition. Your therapist will make a clinical judgment based on the information gathered during the exam which, along with your goals, will help determine your treatment plan. Your therapist will discuss these findings and recommended therapy program.

**Individual treatment plans may include:**

Aquatic Therapy, Soft Tissue Massage, Joint Mobilization, Therapeutic Exercise, Range of Motion, Exercise-specific Training, Balance Training, Gait Training, Postural Re-training, Kinesio-taping, Electrical Stimulation, Ultrasound, Laser Therapy, and more.