

Our Services

Pre- and post-surgical rehabilitation

We offer a number of distinctive, evidence-based therapies to complement our manual therapy and exercise programs to accelerate our post-surgical outcomes.

We offer cold laser, or low level laser therapy (LLLT), a treatment that utilizes specific wavelengths of light to interact with tissue and is thought to help accelerate the healing process, eliminate pain and swelling, reduce spasms and increase function.

We utilize Kinesio tape for swelling control. Kinesio tape is a latex free tape designed to facilitate the body's natural healing process while providing support and stability to muscles and joints. It is believed that when applied correctly, KT Tape lifts the skin, decompressing the layers of fascia, allowing for greater movement of lymphatic fluid which transports white blood cells throughout the body and removes waste products, cellular debris, and bacteria.

Our therapists are certified in Graston Technique (www.grastontechnique.com), a myofascial tool to help restrictions in muscles. This instrument-assisted soft tissue mobilization enables the physical therapists to effectively address scar tissue and fascial restrictions with comprehensive training for effective outcomes.

We rehabilitate all orthopedic surgeries including but not limited to:

- Total and Partial Joint replacements: shoulder, elbow, knee, hip, ankle
- ACL/PCL reconstruction
- Shoulder rotator cuff repairs
- Shoulder decompression
- Shoulder labral repair
- Cervical discectomy
- Cervical fusion
- Lumbar fusion
- Lumbar discectomy/laminectomy
- Lumbar and cervical artificial disc replacement (ADR)
- Knee and Hip arthroscopic surgery
- Thoracic kyphoplasty
- Fracture repair (ORIF)

If you don't see your exact surgery listed here call us!