

Locations

Paterson, NJ Holsman Orthopedic and Sports Physical Therapy PC

Paterson, NJ: Holsman Orthopedic and Sports Physical Therapy, PC

764 Main St. #401 Paterson, NJ 07503

Tel: 973-705-7255

Clinic hours: 8am-8pm Monday to Friday, Saturday by appt.

Schedule your appointment today!

Welcome to Holsman Orthopedic and Sports Physical Therapy PC at Paterson, NJ.

The Paterson, NJ location of Holsman Orthopedic and Sports Physical Therapy PC is distinguished for its comprehensive and effective range of orthopedic physical therapy, occupational therapy, chiropractic services, speech therapy, sports therapy and massage therapy.

Everything we do is designed to contribute to your full recovery.

In the State of New Jersey, Holsman Physical Therapy is the leader in orthopedic rehabilitation and in the recovery of knee, foot, ankle, shoulder and back injuries.

We offer personalized care and state-of-the-art rehabilitation equipment and wellness programs such as Yoga, Tai Chi, and Aerobic Conditioning and weight loss programs to contribute to your ongoing wellness.

We work with Medicare patients, Workers Compensation cases and general orthopedic, sports and tissue injuries.

We work closely with your physician to ensure a coordinated care approach.

We accept all major insurances and provide complimentary transportation for our clients.

Services offered at Paterson

Physical Therapy

When physical impairments, injuries or limitations impact your quality of life, the physical therapists with Holsman Orthopedic and Sports Physical Therapy PC in Paterson, New Jersey are there to help. Our full array of physical therapy services includes post-surgery rehabilitation, treatment of musculoskeletal issues, balance training and vestibular rehabilitation to help people who are at risk for falls, therapeutic massage, gait training and ambulation issues, mobilization therapy focused on muscles ligaments and joints, and pain management.

Among the special therapeutic modalities we use to address pain issues are Transcutaneous Electrical Nerve Stimulation (TENS) which sends small electrical pulses through the skin via electrodes being placed on the body needing treatment, Ultrasound, which sends high pitch sound waves through the body to produce gentle heat to muscles to reduce spasms, inflammation and pain, and hot/cold therapy. Heat is used to

increase blood flow and relax muscles. Cold is used to reduce muscle pain, spasm and inflammation by slowing down circulation.

Occupational Therapy

When physical limitations threaten your independence and ability to care for yourself, do your work and enjoy your leisure activities, the occupational therapists with Holsman Orthopedic and Sports Physical Therapy PC in Paterson, New Jersey bring their expertise to help you.

We offer self-care evaluation and training, which involves teaching techniques and use of adaptive devices to improve your ability to bathe, groom, dress and feed yourself, get in and out of the bathtub, on and off the toilet and other specific and essential tasks.

We can assess your ability to do homemaking tasks and look at alternative ways of performing tasks to adapt to limitations. We work with cardiac patients on dealing with fatigue and finding ways to do essential tasks with limited energy, and teach strengthening and conditioning exercises. We also provide therapy to encourage fine motor task skills using small muscles and gross motor skills using the larger muscles.

Massage and Wellness Therapy

We encourage massage therapy for our patients in Clifton because it improves circulation by bringing oxygen and other nutrients to body tissues. It relieves muscle tension and pain, increases flexibility and mobility, and helps clear lactic acid and other waste, which reduces pain and stiffness in muscles and joints. The massage therapist uses long, smooth strokes, kneading and other movements focused on superficial layers of muscle using massage oil or lotion.

Our other wellness programs include Tai Chi, an ancient practice proven to reduce pain and improve your mental and physical well-being by reducing stress, increasing balance and flexibility, helping you feel relaxed and improving your overall mind, body and spirit.

We also provide Yoga classes, so for relaxation and some to encourage you to move your body in new ways. You can select the style of Yoga you want to use to help you develop your flexibility, strength and balance.

We also offer a strength and conditioning program and a weight loss program.

Sports Physical Therapy

Whether you are a professional or recreational athlete, we recognize the benefits of sports in your life and how your quality of life is impacted when you cannot engage in your sport of choice anymore. We will help to determine the problem that is holding your back and work to provide physical therapy to solve it.

We understand the issue of trying to live with persistent pain and we will try to solve the problem with a personalized course of treatment.

INSURANCE PLANS:

We accept Medicare.

All out-of-network benefits.

Motor vehicle.

Workman's compensation.

We will call your insurance company for you to verify benefits.