

Services

Physical Therapy

Maximize Your Health with Expert Physical Therapy at Holsman Physical Therapy

At Holsman Physical Therapy, our physical therapists are not just experts in movement and rehabilitation; they are dedicated to enhancing your quality of life through comprehensive exercise programs, hands-on care, and educational guidance. Specializing in a wide range of services, we cater to individuals across all ages and abilities, focusing on diagnosing health conditions, crafting personalized care plans, and providing preventative strategies to mitigate potential health issues before they arise.

Personalized Treatment Plans for Optimal Mobility and Pain Management

Our therapists are committed to creating individualized treatment strategies aimed at improving your mobility, managing chronic pain, aiding in injury recovery, and preventing future injuries. By empowering you to take an active role in your treatment, our team ensures a collaborative and integrated approach to your care, working closely with medical professionals to deliver a comprehensive treatment experience.

Specialized Services for Diverse Needs

- **Geriatric Physical Therapy:** Our geriatric specialists are focused on enhancing the aging process, offering services to a broad demographic, from active adults seeking to maintain recreational activities safely, to those needing acute care or rehabilitation post-surgery.
- **Pediatric Physical Therapy:** Designed for children with developmental disabilities, our pediatric physical therapists work towards improving mobility, functional independence, and overall quality of life for children and their families.
- **Sports Physical Therapy:** Tailored for the physically active, our sports therapy services emphasize injury prevention, treatment, rehabilitation, and performance enhancement, ensuring athletes can fully engage in their chosen sports.

Conditions Treated at Holsman Physical Therapy

Our expert team manages a variety of conditions including, but not limited to, hypertension complications, fall risks, joint disorders, neurological conditions, sports injuries, chronic pain, and pediatric conditions like cerebral palsy and genetic disorders.

Why Choose Holsman Physical Therapy?

Choosing Holsman means opting for evidence-based, patient-centered care tailored to your unique needs and goals. Our therapists leverage their extensive education, clinical expertise, and the latest research to offer treatment plans that effectively address your specific health challenges.

Begin Your Journey to Better Health

Embark on your path to improved health and wellness with Holsman Physical Therapy. Our team is ready to guide you through a personalized treatment plan designed to meet your unique needs and health objectives. Experience the difference with our expert care today.