

# Services

## Physical Therapy



### Physical Therapy

Physical therapists at Holsman Physical Therapy are movement experts who optimize quality of life through prescribed exercise, hands-on care, and patient education. We care for people of all ages and abilities, diagnose and treat existing health conditions, but we also provide patient education, customize plans of care, and preventative treatments that can help you avoid many health problems before they occur.

After making a diagnosis, our physical therapists create personalized treatment plans that help you improve mobility, manage pain and other chronic conditions, recover from injury, and prevent future injury and chronic disease.

Holsman physical therapists empower you to be active participants in your own treatment, and they work collaboratively with other health professionals such as your Medical Doctor to ensure you receive comprehensive care.

Some of our Physical Therapists specialize in Geriatric physical therapy to focus on optimizing aging and aging in place. Our Geriatric Physical Therapists treat a broad range of individuals, including:

- healthy adults who want to continue to safely pursue recreational activities as they age
- individuals who are at risk for injuries from falls or other adverse events
- persons with medical conditions that limit their mobility or ability to perform activities independently
- critically ill or injured older individuals requiring acute hospital care
- older persons who need rehabilitation after surgery
- frail individuals requiring short-term skilled nursing or long-term care
- older persons in hospice care who want to remain as independent as possible

Health conditions commonly treated by our physical therapists include:

- Complications from hypertension
- Fall risk
- Fractures
- Heart & lung disorders
- Joint replacement surgery

- Neurological conditions (e.g., stroke, Parkinson disease, multiple sclerosis, vestibular disorders)
- Osteoarthritis & rheumatoid arthritis
- Osteopenia & osteoporosis
- Overweight & obesity
- Pre-diabetes & diabetes
- Sports related injuries
- Wounds & amputations
- Cancer-related complications
- Balance and vestibular disorders
- Pediatric conditions, including cerebral palsy, spina bifida, and genetic disorders
- Cerebrovascular accident
- Central & peripheral nervous system tumors
- Traumatic brain injury
- Parkinson's Disease
- Multiple Sclerosis
- Amyotrophic Lateral Sclerosis
- Acute or chronic peripheral neuropathies, including Guillian Barre, chronic inflammatory neuropathy
- Spinal cord injury
- Low back and neck pain
- Rotator cuff injuries and other shoulder problems
- Osteoarthritis
- Plantar fasciitis
- Post-operative rehabilitation from orthopedic surgical procedures
- Muscle strains
- Joint sprains/pain/swelling, including knee and ankle injuries
- Chronic pain
- Tennis/golfer's elbow
- Carpal Tunnel Syndrome

Some of our Physical Therapists specialize in Pediatric Physical Therapy. Pediatric physical therapists at Holsman Physical Therapy provide support and services for children (birth to 21 years) with developmental disabilities, and their families, aimed at developing, restoring and improving mobility to improve quality of life. Pediatric physical therapy benefits children and their families/caregivers by promoting activity and participation in everyday routines, increasing functional independence, enhancing learning opportunities, improving strength and endurance, facilitating motor development and mobility, and easing the challenges of daily caregiving. In addition to direct intervention and consultation, pediatric physical therapists promote health and fitness for children with all levels of ability and provide information to and collaborate with families and other medical, developmental, and educational specialists.

The following are health conditions commonly treated by pediatric physical therapists at Holsman Physical Therapy:

- Autism spectrum disorders
- Developmental delay
- Cerebral palsy
- Spina bifida
- Down syndrome and other genetic disorders
- Neuromuscular disorders
- Orthopedic conditions or injuries

- Pulmonary disorders
- Brain injury
- Juvenile rheumatoid arthritis

### **Sports Physical Therapy**

Sports physical therapists at Holsman Physical Therapy focuses on prevention, evaluation, treatment, rehabilitation, and performance enhancement of the physically active individual. This includes pre-participation screenings, equipment recommendations, prescribed fitness programs, and much more. Sports physical therapists incorporate the most current research into their practice to help the active individual fully participate in sports and recreation.

The following are interventions often provided by sports physical therapists:

- Performance enhancement
- Injury prevention
- On-site evaluation and management of acute sports injuries
- Treatment and rehabilitation

### **What to Expect from a Physical Therapist at Holsman Physical Therapy**

Evidence-Based Treatment to Meet Your Needs- Our Physical therapists combine extensive education, clinical experience, and the latest research to create treatment plans tailored to a person's specific needs and goals.

Make an Appointment

Request an Appointment

Close x

Your message was successfully sent. Thank you for your time.

Date and time

First name

Email

Phone

We will call you soon to discuss availability.