

Services

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Physical Therapy

Comprehensive Physical Therapy Services for Optimal Well-being

Unlock your path to healing and well-being with our expert Physical Therapy Services! Our licensed therapists specialize in personalized treatments designed to alleviate pain, restore mobility, and promote overall health. From sports injuries and post-surgery rehabilitation to chronic condition management, our services cater to a diverse range of needs. Discover a healthier, more active lifestyle with our holistic and evidence-based approaches to physical well-being. Book your consultation today and take the first step towards optimal health!

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Occupational Therapy

Tailored Occupational Therapy Services - Enhancing Daily Living Skills

Explore our Occupational Therapy Services designed to empower individuals of all ages! We specialize in customized interventions to help clients improve daily living skills, adapt to challenges, and achieve greater independence. Whether managing developmental disorders, recovering from injuries, or combating age-related issues, our experienced therapists are dedicated to providing solutions that enhance quality of life. Dive into a world where every day is an opportunity – contact us to embrace a more accessible, fulfilling lifestyle with our comprehensive Occupational Therapy Services!

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Speech Therapy

Expert Speech Therapy Services – Communication and Swallowing Solutions

Uncover the power of effective communication with our Speech Therapy Services! Our certified speech therapists are committed to helping children and adults overcome speech, language, voice, and swallowing disorders. Whether it's articulation, language development, fluency, or voice, we employ evidence-based practices tailored to individual needs. Regain confidence, enhance communication skills, and enjoy a better quality of life with our personalized and compassionate Speech Therapy Services. Reach out and give your voice the care it deserves!

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Falls Prevention and Balance Training

Holsman Falls Prevention and Balance training uses evidence-based protocol combined with an individualized plan of care in a coordinated multi-disciplinary approach. Not only that Holsman's falls prevention program unique in many respects, it also combines the safety of a well controlled clinic environment with a Physical Therapist using a harness system thereby allowing the patient to be challenged to their limits of stability up to the point of falling without being hurt while significantly increasing their confidence and efficacy; an evidence-based home program and occupational therapy home assessment and intervention. Patients who are unable to drive or are without transportation can avail of our complimentary clinic transportation services to and from their home.

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Massage & 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.

Massage Therapy improves circulation by bringing oxygen and other nutrients to body tissues. It relieves muscle tension and pain.

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Dry Needling

Dry Needling Services for Effective Pain Relief and Muscle Recovery

At Holsman Physical Therapy, we offer specialized dry needling services as part of our comprehensive approach to pain management and muscle recovery. Our skilled physical therapists utilize this advanced technique to target trigger points and promote healing throughout the body.

What is Dry Needling?

Dry needling is a therapeutic technique that involves inserting thin, sterile needles into specific trigger points within muscles, tendons, or connective tissues. Unlike acupuncture, which is rooted in traditional Chinese medicine, dry needling focuses on releasing tension, reducing pain, and improving overall function.

How Does Dry Needling Work?

During a dry needling session, our experienced therapists identify trigger points by palpating the affected area. Once located, the thin needles are inserted to stimulate the trigger point, causing a localized twitch response. This response helps relax tight muscles, increase blood flow, and encourage the body's natural healing processes.

Benefits of Dry Needling:

Pain Relief: Dry needling can provide effective relief from chronic pain conditions such as lower back pain, neck pain, and headaches.

Muscle Relaxation: The technique helps release muscle tension and knots, promoting relaxation and improved flexibility.

Enhanced Blood Flow: Increased circulation contributes to better nutrient delivery and waste removal, supporting tissue healing.

Faster Recovery: Dry needling can expedite recovery from injuries and surgeries by promoting tissue regeneration.

Complements Physical Therapy: When integrated into a comprehensive treatment plan, dry needling enhances the effectiveness of physical therapy exercises and techniques.

Conditions Treated with Dry Needling:

Dry needling can be beneficial for a wide range of conditions, including:

Sports Injuries

Muscle Strains

Tendonitis

Frozen Shoulder

Sciatica

Plantar Fasciitis

Carpal Tunnel Syndrome

Fibromyalgia

What to Expect During a Dry Needling Session:

Assessment: Our therapist will evaluate your condition and discuss your symptoms to determine if dry needling is appropriate for you.

Needle Insertion: The therapist will gently insert the needles into the targeted trigger points. You may feel a brief sensation or twitch response.

Treatment Duration: A dry needling session typically lasts 15-30 minutes, depending on the number of trigger points being addressed.

Post-Treatment Care: After the session, our therapist may recommend stretches, exercises, or other self-care techniques to maximize the benefits of the treatment.

Is Dry Needling Safe?

Yes, dry needling is considered safe when performed by trained and licensed physical therapists. Our team follows strict hygiene and safety protocols to ensure your well-being throughout the session.

Schedule Your Dry Needling Session:

Experience the benefits of dry needling as part of your personalized treatment plan at Holsman Physical Therapy. Contact us today to schedule a consultation and learn how dry needling can help you achieve optimal pain relief and muscle recovery.

Back Decompression Treatment

We are distinguished at Clifton, NJ for our back decompression treatment, a gentle technique that relieves pain and promotes healing.

Back pain can occur for many reasons and when you visit our clinic we will take the time to get to know your physical condition and the cause of your discomfort. We take the time to get to know you and consider your daily habits that may be affecting your condition.

Spinal decompression treatment is a gentle technique that we use with the goal of relieving patients' pain and promoting healing.

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Pediatric Physical Therapy, Occupational Therapy, Speech Therapy, Behavioral Therapy ABA, and Sensory Gym

We understand that working with children requires a unique approach, and we strive to provide treatment in a warm, non-threatening environment...

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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.

Whether you're a full-time athlete or have simply been pushing yourself too hard, we're available to evaluate your condition and recommend...

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Extracorporeal Pulse Activation Treatment

At Holsman Physical Therapy in Caldwell and Rahway, NJ, we know that a physical ailment can result in mental and emotional suffering as well. That is why we employ a talented, experienced and caring team of physical therapy professionals to recognize what is happening to your body and help you.

One of the most advanced and highly-effective non-invasive treatments we offer is Extracorporeal Pulse Activation Treatment, a proprietary technology based on a unique set of pressure waves that stimulate the metabolism, enhance blood circulation and accelerate the healing process.

Damaged tissues gradually regenerates and eventually heals. This office-based procedure is a breakthrough treatment option for a broad range of musculoskeletal conditions.

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