

cynergy physical therapy midtown west

cynergy physical therapy midtown west is a leading provider of comprehensive physical rehabilitation services in the heart of Manhattan. Known for its personalized treatment plans and state-of-the-art techniques, Cynergy Physical Therapy Midtown West offers expert care for a wide range of musculoskeletal conditions and injuries. This article explores the various services, treatment approaches, and benefits of choosing Cynergy Physical Therapy Midtown West for recovery and wellness. Emphasizing patient-centered care, the clinic combines advanced therapeutic modalities with experienced practitioners to ensure optimal outcomes. Readers will gain insight into the clinic's specialties, therapy processes, and what sets it apart from other physical therapy providers in the area. The article also highlights the importance of physical therapy in injury prevention and long-term health maintenance. Below is the detailed content outline for easy navigation.

- Overview of Cynergy Physical Therapy Midtown West
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- Experienced and Certified Therapists
- Patient Experience and Care Environment
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Overview of Cynergy Physical Therapy Midtown West

Cynergy Physical Therapy Midtown West is a premier rehabilitation center located in the Midtown West area of New York City. The facility is dedicated to providing high-quality, evidence-based physical therapy services tailored to individual patient needs. With a focus on functional recovery and pain management, the clinic serves a diverse patient population, including athletes, post-surgical patients, and individuals with chronic conditions. The convenient location in Midtown West makes it easily accessible for residents and workers in the bustling Manhattan neighborhood.

Comprehensive Services Offered

The range of services available at Cynergy Physical Therapy Midtown West covers a broad spectrum of physical rehabilitation and wellness needs. Patients can expect personalized treatment plans designed to address specific injuries and conditions effectively. The clinic emphasizes holistic care by integrating manual therapy, therapeutic exercises, and advanced modalities to promote healing and improve mobility.

Orthopedic Rehabilitation

Orthopedic rehabilitation is a core service at Cynergy Physical Therapy Midtown West, focusing on recovery from musculoskeletal injuries such as fractures, sprains, and strains. The therapy includes joint mobilization, strength training, and functional movement restoration to enable patients to return to daily activities and sports.

Post-Surgical Physical Therapy

Post-operative care is critical for successful recovery, and Cynergy Physical Therapy Midtown West offers specialized protocols for patients recovering from surgeries like joint replacements, ligament repairs, and spinal procedures. The therapy aims to reduce pain, improve range of motion, and restore strength.

Sports Injury Rehabilitation

Targeted rehabilitation programs are available for athletes and active individuals dealing with sports-related injuries. These programs emphasize injury prevention, performance enhancement, and safe return to competitive activities.

Neurological Rehabilitation

The clinic also provides therapy for neurological conditions such as stroke, multiple sclerosis, and Parkinson's disease. Treatments focus on improving balance, coordination, and functional independence.

Innovative Treatment Approaches

Cynergy Physical Therapy Midtown West incorporates the latest advancements in physical therapy to deliver effective and efficient care. The clinic utilizes a combination of manual techniques, technology-assisted therapies, and individualized exercise programs.

Manual Therapy Techniques

Skilled therapists employ manual therapy methods including soft tissue mobilization, myofascial release, and joint manipulation to alleviate pain, reduce muscle tension, and enhance joint function.

Therapeutic Exercise Programs

Customized exercise regimens are designed to improve strength, flexibility, and endurance. These programs are adjusted based on patient progress and specific rehabilitation goals.

Modalities and Technology

The use of modalities such as ultrasound, electrical stimulation, and cold laser therapy supports tissue healing and pain relief. Advanced equipment helps optimize rehabilitation outcomes.

Experienced and Certified Therapists

At Cynergy Physical Therapy Midtown West, the clinical team comprises licensed physical therapists with extensive training and certifications across multiple specialties. Their expertise ensures that patients receive safe, effective, and up-to-date treatment protocols.

Credentials and Specializations

The therapists hold credentials in orthopedics, sports rehabilitation, manual therapy, and neurological care. Continuous professional development is encouraged to stay current with emerging best practices.

Interdisciplinary Collaboration

Therapists coordinate with physicians, orthopedic surgeons, and other healthcare providers to create comprehensive, multidisciplinary care plans that address all aspects of patient recovery.

Patient Experience and Care Environment

Patient comfort and satisfaction are prioritized at Cynergy Physical Therapy Midtown West. The clinic fosters a welcoming and supportive atmosphere designed to promote healing and motivation.

Personalized Attention

Each patient receives individualized attention, with therapists taking time to understand unique challenges and goals. This personalized approach enhances engagement and adherence to therapy protocols.

Modern and Accessible Facility

The Midtown West location features modern treatment rooms, advanced equipment, and easy accessibility, ensuring a convenient and comfortable experience for all patients.

Benefits of Physical Therapy at Cynergy Midtown West

Choosing Cynergy Physical Therapy Midtown West offers numerous advantages for patients seeking rehabilitation and wellness services. The clinic's commitment to quality care delivers measurable improvements in function and quality of life.

- Accelerated recovery from injuries and surgeries
- Effective pain management without reliance on medications
- Improved mobility, strength, and flexibility
- Personalized treatment plans tailored to individual needs
- Access to advanced therapeutic technologies
- Expert guidance on injury prevention and long-term health

Insurance and Accessibility

Cynergy Physical Therapy Midtown West accepts a wide range of insurance plans, making high-quality physical therapy accessible to a broad patient base. The clinic also offers flexible scheduling options to accommodate busy lifestyles.

Insurance Coverage

Patients are encouraged to verify coverage details before starting therapy. The administrative staff assists with insurance verification and billing processes to reduce patient stress.

Location and Hours

Conveniently situated in Midtown West, the clinic is easily reachable by public transportation and offers extended hours to serve working professionals and residents alike.

Frequently Asked Questions

What services does Cynergy Physical Therapy Midtown West offer?

Cynergy Physical Therapy Midtown West offers services including physical therapy, sports rehabilitation, injury prevention, post-surgical rehabilitation, and personalized treatment plans.

Where is Cynergy Physical Therapy Midtown West located?

Cynergy Physical Therapy Midtown West is located in the Midtown West area of New York City, providing easy access for residents and workers in the neighborhood.

Do I need a referral to visit Cynergy Physical Therapy Midtown West?

No, Cynergy Physical Therapy Midtown West typically does not require a physician referral, allowing patients to self-refer and schedule an appointment directly.

What insurance plans are accepted at Cynergy Physical Therapy Midtown West?

Cynergy Physical Therapy Midtown West accepts a variety of insurance plans, including major providers like Aetna, Blue Cross Blue Shield, UnitedHealthcare, and more. It's best to contact them directly to confirm your specific insurance coverage.

What makes Cynergy Physical Therapy Midtown West different from other clinics?

Cynergy Physical Therapy Midtown West focuses on individualized care, experienced therapists, state-of-the-art equipment, and a holistic approach to rehabilitation that emphasizes long-term wellness.

Can Cynergy Physical Therapy Midtown West help with sports-related injuries?

Yes, Cynergy Physical Therapy Midtown West specializes in sports rehabilitation and offers tailored programs to help athletes recover from injuries and improve performance.

How can I book an appointment at Cynergy Physical Therapy Midtown West?

You can book an appointment by calling their clinic directly, visiting their official website, or using online booking platforms if available.

What COVID-19 safety measures are in place at Cynergy Physical Therapy Midtown West?

Cynergy Physical Therapy Midtown West follows strict COVID-19 safety protocols, including enhanced cleaning, social distancing, mandatory masks, and screening procedures to ensure patient and staff safety.

Additional Resources

1. *Healing Hands: The Cynergy Physical Therapy Approach in Midtown West*

This book explores the unique methods and patient-centered care philosophy of Cynergy Physical Therapy located in Midtown West. It delves into their specialized techniques that promote faster recovery and enhanced mobility. Readers will gain insight into how personalized therapy plans are developed to meet individual needs.

2. *Rehabilitation Revolution: Inside Cynergy Physical Therapy Midtown West*

Discover the innovative rehabilitation strategies employed at Cynergy Physical Therapy in Midtown West. This book highlights success stories, cutting-edge technology, and the professional expertise that sets this clinic apart. It's an essential read for anyone interested in modern physical therapy practices.

3. *Midtown West Movement: A Guide to Cynergy Physical Therapy*

Focused on the vibrant community of Midtown West, this guide provides an overview of how Cynergy Physical Therapy supports movement and wellness. It covers various treatment options available and explains how physical therapy can improve quality of life. Perfect for prospective patients and health enthusiasts alike.

4. *From Pain to Power: Cynergy Physical Therapy Success Stories*

Featuring real-life testimonials, this book shares inspiring journeys of patients who overcame pain through Cynergy Physical Therapy's Midtown West clinic. It emphasizes the emotional and physical transformations experienced through dedicated therapy. Readers will feel motivated by the resilience and

progress documented here.

5. Innovations in Physical Therapy: The Cynergy Midtown West Model

Explore the technological advancements and innovative practices at Cynergy Physical Therapy in Midtown West. The book discusses new equipment, digital assessments, and therapy protocols that enhance patient outcomes. It is a valuable resource for practitioners and patients interested in the future of physical therapy.

6. Understanding Physical Therapy: A Cynergy Midtown West Perspective

This educational book breaks down the fundamentals of physical therapy with specific insights from Cynergy Physical Therapy in Midtown West. It explains common conditions treated, therapy techniques, and the importance of rehabilitation. Ideal for students, caregivers, and patients seeking a comprehensive understanding.

7. Active Living in Midtown West: The Role of Cynergy Physical Therapy

Highlighting the importance of maintaining an active lifestyle, this book showcases how Cynergy Physical Therapy supports community health in Midtown West. It includes tips for injury prevention, exercise routines, and wellness advice endorsed by Cynergy's professionals. A practical guide for anyone looking to stay fit and healthy.

8. Personalized Care at Cynergy Physical Therapy Midtown West

This book focuses on the individualized treatment plans offered at Cynergy Physical Therapy's Midtown West location. It discusses the assessment process, goal setting, and tailored exercises that cater to each patient's unique condition. Readers will appreciate the emphasis on compassionate and customized care.

9. The Future of Healing: Cynergy Physical Therapy's Vision in Midtown West

Looking ahead, this book outlines Cynergy Physical Therapy's mission and vision for advancing physical therapy services in Midtown West. It covers emerging trends, patient engagement strategies, and community outreach initiatives. A forward-thinking read for those interested in the evolution of rehabilitation care.

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therapy practice in a clinical setting. *Acute Care Handbook for Physical Therapists, Third Edition* helps you understand and interpret hospital protocol, medical terminology, and the medical-surgical aspects of acute care. Each chapter focuses on a body system and includes a review of basic structure and function, an overview of a medical-surgical workup, a review of pathophysiology, information on pharmacology, and guidelines for physical therapy intervention. This edition features a larger, slimmer design that highlights clinical tips, decision-making aids, and practice patterns throughout the text so that you can easily locate these tools and apply them to your practice. If you are unfamiliar with the complex acute care environment, this comprehensive resource is just what you need to become more comfortable and better able to manage the specific needs of your patients. Review of body system basics and disease processes in each chapter provides concise information to help you better manage patients in a hospital setting. Familiarizes you with the acute care environment by explaining medical terminology, hospital protocol, and surgical workups Includes updated information on medications, laboratory and diagnostic tests, and surgical and invasive procedures pertinent to physical therapy practice Clinical tips throughout the text show you how to maximize safety, quality, and efficiency of care. Over 350 illustrations, tables, and boxed text highlight essential concepts and procedures for quick reference. Uses terminology consistent with the *Guide to Physical Therapist Practice, Second Edition* Focuses on evidence-based practice to help you determine the best interventions including recent literature regarding rehabilitation in the critical care setting. NEW! Pertinent practice patterns from the *Guide to Physical Therapist Practice, Second Edition* are included in each chapter. NEW! Additional illustrations to improve comprehension of the material NEW! More pharmacologic implications for physical therapists, specifically concerning side effects and use of combination drugs. NEW! Additional decision-making algorithms facilitate critical thinking in the clinical setting. NEW! Updated surgical and invasive procedures include minimally invasive orthopedic surgery, bariatric procedures, and complete insight into circulatory assist devices. NEW! Expanded neurological chapter including vestibular dysfunction tests and measures, a discussion of dementia, and the latest in stroke evaluation and management. NEW! Revised appendices discuss the latest concepts in documentation standards, palliative care, and patient safety. NEW! Slimmer, larger format allows the book to lie open for easier reading. NEW! Improved design highlighting clinical tips and other key features lets you locate important information quickly in a busy clinical setting.

cynergy physical therapy midtown west: Acute Care Handbook for Physical Therapists Jaime C. Paz, Michele P. West, 2014 Familiarize yourself with the acute care environment with this essential guide to physical therapy practice in an acute care setting. *Acute Care Handbook for Physical Therapists, 4th Edition* helps you understand and interpret hospital protocol, safety, medical-surgical 'lingo', and the many aspects of patient care from the emergency department to the intensive care unit to the general ward. This restructured new edition streamlines the text into four parts- Introduction, Systems, Diagnoses, and Interventions to make the book even easier to use as a quick reference. Intervention algorithms, updated illustrations, and language consistent with the ICF model all help you digest new information and become familiar with new terminology. This comprehensive resource is just what you need to better manage the specific needs of your patients in the complex acute care environment.

cynergy physical therapy midtown west: National Physical Therapy Exam and Review Annie Burke-Doe, Mark Dutton, 2018-11-22 Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. *The Key To Success on the National Physical Therapy Exam! Earn Your Licensure with the Help of this Student-Friendly Board Review* Includes 100-question practice exam Brimming with color illustrations, numerous tables, valuable chapter Summaries, checklists, plus 100+ Q&A, this visually appealing and highly engaging review is the perfect way to prepare for the National Physical Therapy Examination (NPTETM) for physical therapy licensure. This user-friendly review is written to parallel the exam and offers concise information on a broad range of topics found on the actual exam. Within its pages you will find insights from expert

professional physical therapists on each component of the exam, encompassing a complete review of essential NPTE content. Here's why this is the ultimate National Physical Therapy Examination review:

- Valuable introductory chapter details what to expect on exam day and reveals test-taking strategies designed to maximize your score
- Chapter-ending multiple-choice questions test your knowledge of specific topics
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- A practice exam with 100+ questions
- Logical systems-based chapter coverage, plus special topics such as geriatrics and pediatrics

cynergy physical therapy midtown west: Foundations: An Introduction to the Profession of Physical Therapy Stephen J. Carp, 2019-01-28 A unique blueprint to a successful physical therapy practice from renowned experts In the last 100 years, the profession of physical therapy has grown from a little-known band of reconstruction aides to a large and expanding worldwide group of dedicated professionals at the cutting edge of health care diagnostics, interventions, research, ethics, and altruistic community service. Foundations: An Introduction to the Profession of Physical Therapy by distinguished physical therapist and educator Stephen Carp reflects nearly 40 years of expertise in this evolving field. The book covers the the background music of physical therapy - important issues aspiring physical therapists and physical therapist assistants need to master prior to starting clinical practice. Sixteen chapters present a broad spectrum of content, covering core behavioral, clinical, and professional concerns encountered in practice. Experts provide firsthand guidance on reimbursement, working as a healthcare team, documentation, ethical issues and community service, clinical research and education, an overview of the APTA, career development, and more. Key Highlights From the history of the profession to cultural, spiritual and legal aspects of practice, this unique resource provides insights not found in traditional physical therapy foundation textbooks About 20 comprehensive vignettes with real-life experiences enhance the text Text boxes with insightful first-person narratives highlight chapter content A list of review questions and meticulous references at the end of every chapter enhance learning and encourage further research All PT and PTA students will benefit from the expert wisdom and pearls shared in this essential reference.

cynergy physical therapy midtown west: Clinical Cases in Physical Therapy Mark A. Brimer, Michael L. Moran, 2004 In the second edition of this reference, students will learn the critical skill of clinical decision-making by reading about real-life case scenarios along with a description of the course of action to follow and direct insight into the process. With brand new cases covering both typical and rare issues, the readers can learn from the successes and mistakes of their colleagues. The content is presented in a format following the elements of patient/client management from Guide to Physical Therapist Practice, 2nd Edition (J2001, APTA), the standard for physical therapy practice. Each example includes learning objectives, guiding questions, discussion, and references and corresponds to one or more of the four preferred practice patterns (Musculoskeletal, Neuromuscular, Cardiovascular/Pulmonary, and Integumentary) as outlined by the Guide. The variety in type of cases offered makes this resource appropriate for use with students over the span of a course as well as for clinicians wishing to work through more challenging patient scenarios. Content utilizing current terminology reflects trends in current practice and familiarizes readers with the structure of the Guide to Physical Therapist Practice, 2nd Edition. The real-life examples expose students to a range of both unusual and familiar clinical experiences they might not face in their studies, as well as enabling current clinicians to learn from their colleagues' experiences. Input from both a clinician and a professor provides a nice blend of clinical experience and educational insight. All cases are new, 46 in all, compiled from real-life scenarios experienced by physical therapy practitioners. Content includes more detailed information in areas such as patients, personal histories, culture, environment, and lifestyle. New topics encompass a broad range of issues, including documentation, women's health, clinical education, ethics, and assistive technology. Evidence-based examples and additional references meet the curriculum standards for physical

therapy education. Pedagogical features, such as learning objectives, guiding questions, photos and illustrations, make the reference useful in the educational setting. In response to the guidelines featured in the Guide, cases are now formatted to follow elements of patient/client management, including physical therapy diagnoses stated as preferred practice patterns.

cynergy physical therapy midtown west: *Fundamentals of the Physical Therapy Examination Enhanced Edition Patient Interview and Tests and Measures* Associate Professor Doctor of Physical Therapy Program University of Indianapolis Krannert School of Physical Therapy Indianapolis Indiana Stacie J Fruth, Stacie J. Fruth, 2015-06-12 Introduces physical therapy students to screening and examination techniques, across all body systems. Experienced clinicians make numerous and rapid decisions about what questions to ask during a patient interview, what systems need to be screened for problems that lie outside the scope of physical therapy, and what tests and measures must be performed during an initial patient examination. Physical therapy students and some new graduates often struggle with this decision-making process and answering the why questions. This text provides the reader with fundamental, step-by-step approach to the subjective and objective portions of the examination process for a broad spectrum of patients within the musculoskeletal, neuromuscular, integumentary, and cardiopulmonary realms (according to the Guide to Physical Therapist Practice). Ample rationale is provided for why a test/measure would or would not be selected based on the patient's diagnosis or presentation. In addition to rationale to help with the clinical decision-making process, case examples and documentation will also be provided.

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cynergy physical therapy midtown west: Cardiopulmonary Physical Therapy Scot Irwin, Jan Stephen Tecklin, 2004-04-01

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