

frisco elite physical therapy

frisco elite physical therapy represents a premier destination for individuals seeking expert rehabilitation and wellness services in the Frisco area. Specializing in personalized treatment plans, this facility combines advanced therapeutic techniques with a patient-centered approach to enhance recovery outcomes. Whether recovering from surgery, managing chronic pain, or aiming to improve mobility and strength, Frisco Elite Physical Therapy offers comprehensive solutions tailored to diverse needs. This article explores everything from their specialized services and expert team to the benefits of choosing this practice for physical rehabilitation. Additionally, insights into what patients can expect, insurance information, and community involvement provide a complete overview. Read on to discover why Frisco Elite Physical Therapy stands out as a leader in physical health and recovery.

- Overview of Frisco Elite Physical Therapy
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- Patient Experience and Treatment Approach
- Insurance and Payment Options
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Overview of Frisco Elite Physical Therapy

Frisco Elite Physical Therapy is a specialized rehabilitation center dedicated to providing high-quality physical therapy services with a strong emphasis on individualized care. Located in Frisco, Texas, the clinic is equipped with state-of-the-art facilities and staffed by experienced professionals committed to helping patients regain function and improve their quality of life. The practice focuses on a wide range of conditions including sports injuries, post-operative rehabilitation, neurological disorders, and chronic pain management.

With a mission centered on patient empowerment and evidence-based practices, Frisco Elite Physical Therapy integrates the latest treatment modalities to ensure effective and efficient recovery. The center prides itself on fostering a supportive environment where patients feel motivated and confident throughout their healing journey.

Services Offered

Frisco Elite Physical Therapy provides a comprehensive suite of therapeutic services designed to meet the needs of various patient populations. These services are delivered by licensed physical therapists who tailor each program to the individual's specific condition and goals. Key offerings include:

- **Orthopedic Rehabilitation:** Focused on recovery from musculoskeletal injuries such as fractures, sprains, and joint replacements.
- **Sports Physical Therapy:** Specialized care for athletes targeting injury prevention, performance enhancement, and rehabilitation.
- **Neurological Rehabilitation:** Treatment for conditions like stroke, multiple sclerosis, and Parkinson's disease to improve motor function and coordination.
- **Pain Management:** Non-invasive strategies to alleviate chronic pain through therapeutic exercises and manual therapy.
- **Post-Surgical Rehabilitation:** Customized protocols to facilitate healing and restore mobility after surgical procedures.
- **Balance and Vestibular Therapy:** Interventions aimed at improving balance and reducing dizziness for patients with vestibular disorders.

Each service is designed to leverage the latest clinical research and technology, ensuring patients receive comprehensive care that promotes long-term health and mobility.

Expert Team and Qualifications

The team at Frisco Elite Physical Therapy comprises highly trained and licensed physical therapists, occupational therapists, and rehabilitation specialists. These professionals bring extensive experience across various specialties, maintaining certifications relevant to their fields such as Orthopedic Clinical Specialist (OCS) and Certified Strength and Conditioning Specialist (CSCS).

The clinic emphasizes continuous education and professional development, ensuring that staff stay current with emerging therapies and best practices. This commitment to excellence guarantees that patients benefit from innovative treatment techniques delivered by knowledgeable practitioners.

Patient Experience and Treatment Approach

Patient-centered care is a cornerstone of Frisco Elite Physical Therapy's treatment philosophy. The approach begins with a thorough assessment to identify the root causes of dysfunction and develop a personalized rehabilitation plan. Therapists collaborate closely with patients, setting realistic goals and adjusting treatments based on progress and feedback.

The clinic utilizes a blend of manual therapy, therapeutic exercise, neuromuscular re-education, and advanced modalities such as electrical stimulation and ultrasound. This multifaceted strategy enhances recovery by addressing pain, improving strength, and restoring function.

Patients can expect a supportive environment where education about injury prevention and self-care is prioritized. This empowers individuals to maintain gains achieved during therapy and reduce the likelihood of future injuries.

Insurance and Payment Options

Frisco Elite Physical Therapy accepts a wide range of insurance plans to accommodate diverse patient needs. The administrative staff assists with verifying coverage and understanding benefits to simplify the payment process. Commonly accepted insurances include major commercial providers, Medicare, and Medicaid.

For patients without insurance or those seeking alternative payment methods, the clinic offers flexible payment plans and competitive self-pay rates. This accessibility ensures that high-quality physical therapy services remain within reach for all community members.

Community Engagement and Wellness Programs

Beyond clinical services, Frisco Elite Physical Therapy actively participates in community health initiatives and wellness programs. The practice organizes workshops and seminars focused on injury prevention, ergonomic education, and healthy lifestyle promotion. These events foster awareness and encourage proactive approaches to physical health.

Additionally, partnerships with local sports teams and fitness centers enable the clinic to support athletic development and injury management at the grassroots level. Through these efforts, Frisco Elite Physical Therapy contributes to the overall well-being of the Frisco community.

Frequently Asked Questions

What services does Frisco Elite Physical Therapy offer?

Frisco Elite Physical Therapy offers a variety of services including orthopedic rehabilitation, sports injury treatment, post-surgical rehabilitation, manual therapy, and personalized exercise programs.

Where is Frisco Elite Physical Therapy located?

Frisco Elite Physical Therapy is located in Frisco, Texas, providing convenient access for residents in the surrounding areas.

Does Frisco Elite Physical Therapy accept insurance?

Yes, Frisco Elite Physical Therapy accepts most major insurance plans. It's recommended to contact their office directly to verify your specific insurance coverage.

What makes Frisco Elite Physical Therapy different from other clinics?

Frisco Elite Physical Therapy focuses on personalized care with experienced therapists who create tailored treatment plans to help patients recover quickly and effectively.

Can Frisco Elite Physical Therapy help with sports injuries?

Absolutely, Frisco Elite Physical Therapy specializes in treating sports-related injuries and offers rehabilitation programs designed to get athletes back to their peak performance safely.

How can I schedule an appointment at Frisco Elite Physical Therapy?

You can schedule an appointment by calling their office directly, visiting their website to book online, or through a physician referral.

What are the operating hours of Frisco Elite Physical Therapy?

Operating hours may vary, but typically Frisco Elite Physical Therapy is open Monday through Friday with some evening hours. It's best to check their official website or call for exact times.

Do therapists at Frisco Elite Physical Therapy use any advanced techniques or technology?

Yes, the therapists at Frisco Elite Physical Therapy utilize advanced manual therapy techniques, therapeutic exercises, and modern rehabilitation equipment to ensure effective treatment outcomes.

Additional Resources

1. Foundations of Elite Physical Therapy: Techniques for Frisco Practitioners

This book offers a comprehensive overview of advanced physical therapy techniques tailored for elite practitioners in Frisco. It covers evidence-based practices, patient assessment strategies, and rehabilitation protocols designed to optimize recovery. Ideal for both new and experienced therapists aiming to elevate their clinical skills.

2. Rehabilitation Strategies for Athletes: A Frisco Elite Physical Therapy Guide

Focusing on athletic injury prevention and recovery, this guide provides detailed treatment plans for common sports injuries seen in Frisco. It emphasizes personalized care, functional training, and return-to-play criteria. The book also includes case studies and expert insights from top physical therapists in the region.

3. Innovations in Physical Therapy: The Frisco Elite Approach

Explore the latest advancements in physical therapy technology and methodologies used by elite clinics in Frisco. Topics include wearable tech, motion analysis, and novel therapeutic exercises. This resource is perfect for therapists seeking to incorporate cutting-edge tools into their practice.

4. Patient-Centered Care in Frisco Elite Physical Therapy

This book highlights the importance of individualized treatment plans and strong patient-therapist communication. It discusses motivational techniques, goal setting, and strategies to improve patient adherence. Designed to help

therapists create a supportive and effective healing environment.

5. *Sports Performance and Injury Prevention: Insights from Frisco Elite PT*
A practical manual dedicated to enhancing athletic performance while minimizing injury risk. It covers biomechanical assessments, conditioning programs, and recovery strategies used by Frisco's top physical therapists. Coaches and therapists alike will find valuable tools for athlete management.

6. *Chronic Pain Management in Elite Physical Therapy: Frisco Perspectives*
This text addresses the challenges of treating chronic pain through physical therapy within the Frisco community. It presents multidisciplinary approaches, including manual therapy, exercise, and patient education. The book aims to empower therapists with strategies to improve quality of life for chronic pain sufferers.

7. *Manual Therapy Mastery: Techniques from Frisco's Elite Physical Therapists*
Delve into hands-on treatment methods such as mobilization, manipulation, and soft tissue techniques practiced by Frisco experts. Detailed illustrations and step-by-step instructions make this an essential reference for therapists seeking to refine their manual therapy skills.

8. *Post-Surgical Rehabilitation Protocols: Frisco Elite Physical Therapy Practices*
This book provides a structured approach to rehabilitation following common orthopedic surgeries. It emphasizes safe progression, functional recovery, and patient education. Therapists will benefit from evidence-based protocols tailored to the needs of Frisco's patient population.

9. *Holistic Wellness and Physical Therapy: Integrating Mind and Body in Frisco Elite Care*
Explore the integration of holistic health principles with physical therapy to promote overall wellness. Topics include stress management, nutrition, mindfulness, and their role in recovery and performance. This resource encourages therapists to adopt a comprehensive approach to patient care.

Frisco Elite Physical Therapy

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frisco elite physical therapy: Endurance Sports Medicine Timothy L. Miller, 2023-05-17
Providing a fresh update of this continuously evolving branch of sports medicine, this comprehensive yet practical guide focuses specifically on the treatment of athletes who train for and participate in endurance sporting events, including not only traditional endurance athletes such as runners, swimmers, bikers and triathletes, but also rowers, adventure racers, military personnel and cross-fit athletes. Detailing strategies for not only treating and preventing injuries and conditions but also for optimizing an athlete's performance, this book is divided into three thematic sections. The first section covers common medical conditions faced by the endurance athlete, including cardiovascular conditions, asthma, and heat- and altitude-related illnesses, while also discussing gender differences, pregnancy and the pediatric and masters endurance athlete. Section two focuses on the

management of common musculoskeletal conditions, such as stress fractures, overuse injuries of the soft tissue, shoulder and hip injuries, and exercise and osteoarthritis; this section now includes discussion of the use of cutting-edge orthobiologics. The last section presents performance optimization and event coverage, including gait and swim-stroke analysis, bike fitting, resistance training, mental preparation, optimizing nutrition, and how to organize medical coverage for events, as well as decision-making for return to play. Completely updated and including brand new chapters, *Endurance Sports Medicine, Second Edition* remains a valuable guide for sports medicine physicians, orthopedists, athletic trainers, physical therapists, coaches, officials, and athletes in understanding the needs of the determined individuals who participate in endurance sports.

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frisco elite physical therapy: *The Comprehensive Manual of Therapeutic Exercises*

Elizabeth Bryan, 2024-06-01 Therapeutic exercises can be found spread out amongst numerous texts, handouts, card boxes, and websites, which has sent clinicians, practitioners, and trainers searching for reliable, evidence-based exercises for the entire body, all packaged into a single, all-inclusive manual. To that end, *The Comprehensive Manual of Therapeutic Exercises: Orthopedic and General Conditions* was written as a fundamental resource on exercise theory and techniques, and as a comprehensive guide for designing exercise programs. Dr. Elizabeth Bryan has compiled thousands of clinically relevant exercises to create a text that will teach students theory and proper application that they will then return to again and again in their career as a reference to aid in designing evidence-based exercise programs for their clients or patients. Introductory chapters cover exercise parameters, exercise progression, the importance of form, muscle soreness, and a reference for body position terminology, then subsequent chapters are organized by body area to cover most of the clinical exercises in use today. Each exercise includes photographs, a list of muscle systems that will be affected, specific substitutions to look for, and detailed instructions directed at students and clinicians. Also included are sections devoted to protocols and specialty exercises including yoga and tai chi. Embracing the principles of evidence-based practice, "Where's the Evidence?" boxes are prominently featured throughout the text to support the exercises and theory with up-to-date, relevant, sufficient, valid, and reliable studies. Combining theory with practice, *The Comprehensive Manual of Therapeutic Exercises: Orthopedic and General Conditions* is an essential tool for students as well as clinicians, practitioners, or trainers to find the most appropriate exercises for their client's or patient's needs and apply them properly.

frisco elite physical therapy: *The Color Atlas of Physical Therapy* Eric Shamus, 2015-01-12

A FULL-COLOR, CASE-BASED PHYSICAL THERAPY ATLAS FOR CLINICIANS AND STUDENTS *The Color Atlas of Physical Therapy* delivers a high-quality visual presentation of the disorders a physical therapist would most likely encounter in daily practice. Enhanced by more than 1,000 full-color illustrations and concise, evidence-based treatment recommendations, the book features a consistent design that makes information retrieval at the point of care fast and easy. MOST CHAPTERS INCLUDE VITAL INFORMATION SUCH AS: Condition/Disorder Synonyms ICD -9 and 10-CM Codes Preferred Practice Patterns Patient Presentation Key Features: Description Essentials of Diagnosis General Considerations Demographics Clinical Findings: Signs and Symptoms Functional Implications Possible Contributing Causes Differential Diagnosis Functional Goals Means of Confirmation: Laboratory Imaging Findings and Interpretation Treatment: Medications Medical Procedures Referrals Impairments Tests and Measures Intervention Prognosis References Patient Resources

frisco elite physical therapy: *Musculoskeletal Essentials* Marilyn Moffat, Elaine Rosen,

Sandra Rusnak-Smith, 2006 This book answers the call to what today's physical therapy students and clinicians are looking for when integrating the guide to physical therapist practice as it relates to the musculoskeletal system in clinical care.

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frisco elite physical therapy: Orthopaedic Physical Therapy Robert Donatelli, Michael J. Wooden, 2009 This comprehensive textbook of musculoskeletal rehabilitation covers both conservative and post-surgical rehabilitation. An eclectic approach to manual therapy is the major theme of the book since many different techniques are discussed.

frisco elite physical therapy: The Use of Aquatics in Orthopedics and Sports Medicine Rehabilitation and Physical Conditioning Kevin Wilk, David Joyner, 2024-06-01 The Use of Aquatics in Orthopedic and Sports Medicine Rehabilitation and Physical Conditioning is a definitive and scientifically based text on the use and application of aquatic methodologies in both rehabilitation and physical conditioning appropriate for the general population to the elite athlete. The Use of Aquatics in Orthopedic and Sports Medicine Rehabilitation and Physical Conditioning represents a new generation of rehabilitation that is informative enough to be injury and sports specific. Dr. Kevin E. Wilk and Dr. David M. Joyner, along with noted domestic and international leaders in the field, explore the aquatic techniques and principles detailed in the work, while presenting this scientifically based material in an understandable and user-friendly format. Ten chapters take the reader from the history of aquatic rehabilitation and progress to discuss all parameters of aquatic rehabilitation. Some chapter topics include: • History, theory, and applications of aquatic therapy • Pool selection, facility design, and engineering considerations • Rehabilitation for the upper and lower extremities and spine • Sports-specific training • Research evidence for the benefits of aquatic exercise • Appendices, including 4 specific protocols for various lesions and disorders The Use of Aquatics in Orthopedic and Sports Medicine Rehabilitation and Physical Conditioning represents a new era in the use and development of aquatic therapy in sports medicine rehabilitation and is perfect for physical therapists, athletic trainers, strength and conditioning coaches, personal trainers, and sports medicine professionals alike.

frisco elite physical therapy: Clinical Exercise Pathophysiology for Physical Therapy Debra Coglianesi, 2015 Clinical Exercise Pathophysiology for Physical Therapy: Examination, Testing, and Exercise Prescription for Movement-Related Disorders is a comprehensive reference created to answer the why and the how to treat patients with exercise by offering both comprehensive information from the research literature, as well as original patient cases. The chapters present the physiology and pathophysiology for defined patient populations consistent with the American Physical Therapy Association's Guide to Physical Therapy Practice and covers a wide assortment of topics ranging from a review of the cellular metabolic pathways to the discharge summary, with all the connections in between. Patient cases also supplement the chapters and are included throughout to illustrate how understanding the content in each chapter informs physical therapy examination, testing, and treatment. The patient/client management model from the Guide to Physical Therapy Practice defines the structure of the patient cases and the International Classification of Function, Disability, and Health (ICF) model of disablement has been inserted into each patient case. Highlighted Clinician Comments appear throughout each patient case to point out the critical thinking considerations. Clinical Exercise Pathophysiology for Physical Therapy: Examination, Testing, and Exercise Prescription for Movement-Related Disorders is a groundbreaking reference for the physical therapy student or clinician looking to understand how physiology and pathophysiology relate to responses to exercise in different patient populations--Provided by publisher.

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orthopedics cases that help students sharpen their critical thinking skills and prepare them for real-world practice. Clinicians will find the book to be a valuable refresher. Each case includes clinical tips, evidence-based practice recommendations, analysis, and references. Features National Physical Therapy Examination-style review questions accompany each case to prepare students for the boards Provides students with practical experience before working with patients Spares instructors from having to create their own cases Analysis of case will include remediation content, so students don't have to go a textbook for answers

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medicine rehabilitation and is perfect for physical therapists, athletic trainers, strength and conditioning coaches, personal trainers, and sports medicine professionals alike.

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frisco elite physical therapy: Psychosocial Elements of Physical Therapy Hannah Johnson, 2024-11-04 Keeping this in mind, Psychosocial Elements of Physical Therapy: The Connection of Body to Mind is both a textbook and a clinical resource for physical therapist students and clinicians practicing in any patient population with psychological concerns or disorders.

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