

imotion physical therapy fremont ca

imotion physical therapy fremont ca is a premier healthcare provider specializing in physical rehabilitation and therapeutic services in Fremont, California. Known for its patient-centered approach, imotion physical therapy offers comprehensive treatments designed to enhance mobility, reduce pain, and promote overall wellness. This article explores the various services provided by imotion physical therapy fremont ca, the benefits of choosing their clinic, and essential information for prospective patients. With a focus on evidence-based practices, state-of-the-art equipment, and experienced therapists, imotion physical therapy fremont ca stands out as a trusted choice for individuals requiring physical rehabilitation in the Bay Area. Readers will also find practical guidance on what to expect during therapy sessions and how to maximize recovery outcomes.

- Overview of imotion Physical Therapy Fremont CA
- Comprehensive Physical Therapy Services
- Benefits of Choosing imotion Physical Therapy Fremont CA
- Experienced and Licensed Therapists
- Patient Care and Treatment Approach
- Insurance and Payment Options
- Location and Accessibility
- What to Expect During Your Visit

Overview of imotion Physical Therapy Fremont CA

imotion physical therapy fremont ca is a leading outpatient clinic dedicated to improving patient mobility and quality of life through specialized rehabilitative care. Located in Fremont, California, the clinic serves a diverse patient population with conditions ranging from sports injuries to chronic pain and post-surgical rehabilitation. With a commitment to individualized treatment plans and cutting-edge techniques, imotion physical therapy fremont ca has established a reputation for delivering effective and lasting results. The clinic incorporates advanced technology and a multidisciplinary approach to address the unique needs of each patient.

Comprehensive Physical Therapy Services

At imotion physical therapy fremont ca, patients have access to a wide array of

therapeutic services aimed at restoring function and preventing further injury. The clinic's offerings include manual therapy, therapeutic exercises, neuromuscular re-education, and pain management strategies. Additionally, imotion physical therapy fremont ca provides specialized programs for orthopedic rehabilitation, sports performance enhancement, and chronic condition management.

Orthopedic Rehabilitation

This service focuses on recovery from musculoskeletal injuries such as fractures, sprains, and post-operative care. Personalized protocols help patients regain strength, flexibility, and joint function.

Sports Injury Therapy

imotion physical therapy fremont ca provides targeted interventions for athletes, including injury prevention, performance optimization, and rehabilitation tailored to specific sports demands.

Neurological Rehabilitation

Therapies are designed to assist patients recovering from neurological conditions such as stroke, multiple sclerosis, or traumatic brain injuries, emphasizing motor control and coordination.

Pain Management

Chronic pain conditions are addressed through a combination of manual techniques, therapeutic modalities, and patient education to improve comfort and functionality.

Benefits of Choosing imotion Physical Therapy Fremont CA

Choosing imotion physical therapy fremont ca offers numerous advantages for individuals seeking high-quality rehabilitation services. The clinic's patient-centered philosophy ensures customized care plans that align with each person's health goals. Benefits include:

- Access to experienced physical therapists with specialized certifications
- Utilization of modern rehabilitation technology and evidence-based techniques
- Comprehensive evaluations to accurately diagnose and treat conditions
- Flexible scheduling options to accommodate busy lifestyles

- Supportive and motivational environment fostering patient engagement

Experienced and Licensed Therapists

imotion physical therapy fremont ca employs a team of highly qualified and licensed physical therapists who bring extensive clinical experience to patient care. Therapists undergo continuous professional development to stay current with emerging trends and best practices in physical therapy. Their expertise covers diverse specialties, ensuring that patients receive expert guidance regardless of the complexity of their condition. The therapists at imotion physical therapy fremont ca prioritize clear communication, education, and collaboration throughout the rehabilitation process.

Patient Care and Treatment Approach

The treatment philosophy at imotion physical therapy fremont ca revolves around individualized care and holistic wellness. Each patient undergoes a thorough initial assessment to identify functional limitations and potential contributing factors. Based on this evaluation, therapists design tailored treatment plans that integrate manual therapy, therapeutic exercises, and modality applications such as ultrasound or electrical stimulation. Patient education is also a key component, empowering individuals with strategies to maintain progress and prevent future injuries.

Insurance and Payment Options

imotion physical therapy fremont ca accepts a variety of insurance plans to facilitate access to care. The administrative team assists patients in verifying coverage and understanding benefits, ensuring a smooth financial experience. For those without insurance, the clinic offers competitive self-pay rates and flexible payment arrangements. Transparency regarding costs and billing procedures is maintained to foster trust and convenience for all patients.

Location and Accessibility

The Fremont location of imotion physical therapy is strategically situated to serve residents of the city and surrounding areas. The clinic is easily accessible by public transportation and offers ample parking for patients who prefer to drive. Accessibility features ensure that individuals with mobility challenges can comfortably utilize the facility. The welcoming environment supports a positive therapeutic experience from arrival to discharge.

What to Expect During Your Visit

New patients at iMotion physical therapy fremont ca can anticipate a thorough evaluation during their first appointment. This includes a detailed medical history review, physical examination, and functional assessments to establish a baseline. Subsequent visits focus on implementing the treatment plan, tracking progress, and modifying interventions as needed. Therapists encourage patient involvement and provide clear instructions for home exercises and lifestyle modifications.

- Initial comprehensive assessment
- Customized treatment planning
- Hands-on therapy and guided exercises
- Ongoing progress monitoring
- Patient education and support

Frequently Asked Questions

What services does iMotion Physical Therapy in Fremont, CA offer?

iMotion Physical Therapy in Fremont, CA offers a range of services including orthopedic rehabilitation, sports injury therapy, post-surgical rehabilitation, manual therapy, and personalized exercise programs to help patients recover and improve mobility.

How can I book an appointment at iMotion Physical Therapy in Fremont, CA?

You can book an appointment at iMotion Physical Therapy in Fremont, CA by calling their clinic directly, visiting their official website to use the online booking system, or stopping by the clinic in person.

Does iMotion Physical Therapy accept insurance in Fremont, CA?

Yes, iMotion Physical Therapy in Fremont, CA accepts various insurance plans. It is recommended to contact their office or check their website to verify if your specific insurance provider is accepted.

What makes iMotion Physical Therapy in Fremont, CA unique compared to other clinics?

iMotion Physical Therapy in Fremont, CA is known for its personalized treatment plans, highly skilled therapists, modern equipment, and a patient-centered approach that focuses on holistic recovery and long-term wellness.

Are there any patient reviews available for iMotion Physical Therapy in Fremont, CA?

Yes, patient reviews for iMotion Physical Therapy in Fremont, CA can be found on platforms like Google Reviews, Yelp, and their official website, where many patients share positive experiences highlighting effective treatment and friendly staff.

Additional Resources

1. *Comprehensive Guide to Physical Therapy Practices in Fremont, CA*

This book offers an in-depth exploration of physical therapy techniques and practices specific to the Fremont, California area. It covers various rehabilitation methods, patient care strategies, and the latest technological advancements used by clinics like Imotion Physical Therapy. Readers will find valuable insights into local healthcare regulations and community health initiatives.

2. *Innovations in Physical Therapy: Case Studies from Imotion Fremont*

Focusing on real-world applications, this book presents detailed case studies from Imotion Physical Therapy in Fremont, CA. It highlights innovative treatment plans and success stories, illustrating how personalized therapy can improve patient outcomes. Therapists and students alike will benefit from the practical examples and evidence-based approaches showcased.

3. *Holistic Approaches to Rehabilitation at Imotion Physical Therapy*

This title emphasizes the holistic methods employed by Imotion Physical Therapy in Fremont, integrating physical, emotional, and lifestyle factors into rehabilitation. It discusses multidisciplinary collaboration and patient-centered care models that promote long-term wellness. The book is a valuable resource for therapists aiming to adopt comprehensive treatment frameworks.

4. *Physical Therapy Techniques for Sports Injuries: Fremont Clinic Insights*

Designed for athletes and therapists, this book outlines specialized physical therapy techniques used at Fremont-based clinics like Imotion. It covers injury prevention, recovery protocols, and performance enhancement strategies tailored for active individuals. Readers will gain practical advice for managing common sports injuries with effective rehabilitation plans.

5. *Patient Empowerment in Physical Therapy: Lessons from Imotion Fremont*

Highlighting the importance of patient engagement, this book explores how Imotion Physical Therapy encourages active participation in the healing process. It discusses communication strategies, goal setting, and motivational techniques that lead to better

therapy adherence and results. Healthcare providers will find useful tools to foster stronger therapist-patient relationships.

6. Technological Advances in Fremont's Physical Therapy Clinics

This book delves into the cutting-edge technologies adopted by physical therapy centers in Fremont, including Imotion Physical Therapy. Topics include digital assessment tools, telehealth services, and robotic-assisted rehabilitation. It offers a forward-looking perspective on how technology is reshaping patient care and therapy efficiency.

7. Rehabilitation for Chronic Pain: Fremont Physical Therapy Approaches

Focusing on chronic pain management, this book explains the therapeutic strategies used by Fremont clinics such as Imotion Physical Therapy. It covers manual therapy, exercise prescription, and cognitive-behavioral techniques aimed at improving quality of life. Patients and clinicians will find guidance on creating effective, individualized pain management plans.

8. Community Health and Physical Therapy in Fremont, CA

This title examines the role of physical therapy in promoting public health within the Fremont community. It reviews outreach programs, preventive care initiatives, and partnerships between clinics like Imotion and local organizations. The book underscores the impact of physical therapy beyond clinical settings and its contribution to community well-being.

9. Mastering Rehabilitation Exercises: A Fremont Physical Therapist's Handbook

A practical manual for therapists and patients, this book details rehabilitation exercises commonly prescribed at Fremont's Imotion Physical Therapy. It includes step-by-step instructions, illustrations, and tips for safe and effective practice. The handbook serves as a valuable tool for guiding recovery and maximizing functional improvement.

Imotion Physical Therapy Fremont Ca

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imotion physical therapy fremont ca: Contraindications in Physical Rehabilitation - E-Book Mitchell Batavia, 2006-05-09 This essential handbook provides clinicians with a summary of contraindications and precautions to review before treating patients seeking physical rehabilitation. This detailed resource discusses all of the contraindications in one convenient source and includes the full range of interventions, ranging from physical agents to supportive devices to therapeutic exercises. Organized by ICD categories and referenced from multiple sources, with strong coverage of adverse events, this handbook helps to ensure safe practice. - Provides crucial, easily accessible information to refresh therapists on contraindications that may not fall within their routine area of treatment. - Covers the full range of interventions in detail, including the purpose of the intervention, mechanism, contraindications and precautions, rationale, and references. - Helps ensure that practitioners do no harm, providing safer client care and addressing clients with

pre-existing conditions. - Uses terminology from The Guide to Physical Therapist Practice, reinforcing the use of up-to-date language. - Presents quality information from a highly renowned author, with evidence-based information throughout.

motion physical therapy fremont ca: 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.

motion physical therapy fremont ca: Clinical Exercise Pathophysiology for Physical Therapy Debra Coglianesi, 2024-06-01 In order to effectively examine, test, and treat patients with exercise, physical therapists need to understand how physiology from the cellular to the systems level provides the basis for normal responses to exercise. But that is not enough. Knowledge about pathophysiology, the changes that lead to abnormal responses to exercise in different patient populations, is also essential. 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. Dr. Debra Coglianesi, along with her contributors, have arranged Clinical Exercise Pathophysiology for Physical Therapy into three parts: foundations of physiological responses, pathophysiology of deconditioning and physiology of training, and pathophysiology considerations and clinical practice. The chapters present the physiology and pathophysiology for defined patient populations consistent with the American Physical Therapy Association's Guide to Physical Therapy Practice. Patient cases also supplement each chapter to illustrate how understanding the content of the 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. Included with the text are online supplemental materials for faculty use in the classroom. 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.

motion physical therapy fremont ca: Physical Therapy in Acute Care Daniel Joseph Malone, Kathy Lee Bishop Lindsay, 2006 Safe and effective management is a top priority for every physical therapy student or clinician involved with patients in the acute care setting. Physical Therapy in Acute Care: A Clinician's Guide is a user-friendly, pocket-sized, evidence-based text that guides and reinforces successful acute care patient management. Physical Therapy in Acute Care

provides clinicians with an understanding of the basic physiological mechanisms underlying normal function of all major organ systems, contrasted with the pathophysiology of the disease and disorders that physical therapists will most often encounter in an acute care environment. Inside the pages of *Physical Therapy in Acute Care*, Daniel Malone and Kathy Lee Bishop-Lindsay provide a comprehensive review of acute physical therapy best practice. This text builds upon fundamental knowledge by addressing important components of patient examination, discussing relevant medical tests, and listing diseases and diagnoses alphabetically with brief medical management. Some Chapter Topics Include: • Cardiovascular, pulmonary, musculoskeletal, gastrointestinal, genitourinary, and neurological diseases and disorders • The immune system and infectious disease • Oncology rehabilitation • Wound care • Transplantation Each chapter highlights important physical therapy concerns, examination findings, and rehabilitation interventions. In addition, *Physical Therapy in Acute Care* includes numerous tables, figures, review questions, and case studies that highlight the physical therapy patient care model as outlined in the *Guide to Physical Therapist Practice*. Exciting Features: • An in-depth description of laboratory tests and procedures incorporating the physiologic significance of abnormal findings • Pharmacologic information for each organ system chapter including side effects of common medical interventions • A chapter on deconditioning and bed rest effects in the acute care environment • A discharge recommendation decision tree Whether you are a student of physical therapy, a physical therapist entering the acute care environment, or an experienced acute care physical therapist, *Physical Therapy in Acute Care* is the only resource for successful patient management you will need by your side.

motion physical therapy fremont ca: Acute Care Physical Therapy Daniel J. Malone, Kathy Lee Bishop, 2024-06-01 Acutely ill patients are found in the hospital, in the skilled nursing facility, in inpatient rehabilitation facilities, in outpatient practices, and in the home. The role of the physical therapist and physical therapist assistant is to rehabilitate these vulnerable and frail patients to enhance their health and functioning. The goal of *Acute Care Physical Therapy: A Clinician's Guide*, Second Edition is to provide the acute care practitioner with the necessary knowledge to improve patients' structural impairments and activity limitations so they can more successfully participate in life. Nothing could be more challenging and rewarding. Inside, Drs. Daniel Malone and Kathy Lee Bishop, along with their contributors, provide a comprehensive review of acute care physical therapist best practice. This text builds upon fundamental knowledge by addressing important components of the patient examination ranging from the patient's medical history to laboratory testing to life supporting equipment. Following this introduction, each chapter highlights specific organ systems with a review of pertinent anatomy and physiology followed by common health conditions and medical management. Important physical therapy concerns, examination findings, and rehabilitation interventions are discussed in detail. This Second Edition includes numerous tables, figures, review questions, and case studies that highlight clinical reasoning and the physical therapy patient care model as outlined in the *Guide to Physical Therapist Practice*. New in the Second Edition: Increased focus on evidence-based examination, evaluation, and intervention The latest technology in physiologic monitoring and patient support equipment Introduces the "PT Examination" and "ICU" algorithms to promote safe and progressive rehabilitation Emphasis on clinical decision making through the application of a clinical reasoning model applied to the end of chapter cases *Acute Care Physical Therapy: A Clinician's Guide*, Second Edition will serve as a valuable education tool for students, newer professionals as well as post-professionals who provide therapy services to the acutely ill patient regardless of setting.

motion physical therapy fremont ca: Cardiopulmonary Physical Therapy Scot Irwin, Jan Stephen Tecklin, 2004-04-01

motion physical therapy fremont ca: Wellness and Physical Therapy Sharon Fair, 2009-05 The focus of *Wellness and Physical Therapy* will be the application of wellness, particularly fitness wellness, to the practice and profession of physical therapy. The book addresses all items related to wellness in the Normative Model of Physical Therapist Professional Education: Version 2004, the *Guide to Physical Therapist Practice*, and APTA's Education Strategic Plan. The text consists of

foundational knowledge, theoretical models, empirical research and application of material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. An important text for all physical therapy students! Available resources include PowerPoints for instructors.

motion physical therapy fremont ca: Physical Therapy for Children - E-Book Robert J. Palisano, Suzann K. Campbell, Margo Orlin, 2014-04-25 Used as both a core textbook in PT programs and as a clinical reference, *Physical Therapy for Children*, 4th Edition, provides the essential information needed by PTs, both student and professional, when working with children. Like the previous bestselling editions, the 4th edition follows the practice pattern categories of the *Guide to Physical Therapist Practice* and uses the IFC model of the disabling process as it presents up-to-date evidence-based coverage of treatment. In this latest edition, Suzann Campbell DeLapp, Robert J. Palisano, and Margo N. Orlin have added more case studies and video clips, additional chapters and Medline-linked references online, and Evidence to Practice boxes to make it easy to find and remember important information. Provides comprehensive foundational knowledge in decision making, screening, development, motor control, and motor learning, the impairments of body function and structure, and the PT management of pediatric disorders. Reflects a family-centered care model throughout to help you understand how to involve children and their caregivers in developing and implementing intervention plans. Emphasizes an evidence-based approach that incorporates the latest research for the best outcomes. Follows the practice pattern guidelines of the *Guide to Physical Therapist Practice*, 2nd Edition which sets the standard for physical therapy practice. Features the International Classification of Function, Disability, and Health (ICF) of the World Health Organization (WHO) as the model for the disabling process, emphasizing activity rather than functional limitations and participation rather than disability in keeping with the book's focus on prevention of disability. Provides extensive case studies that show the practical application of material covered in the text and are often accompanied by online video clips illustrating the condition and its management. Makes it easy to access key information with plenty of tables and boxes that organize and summarize important points. Clearly demonstrates important concepts and clinical conditions you'll encounter in practice with over 800 illustrations. Takes learning to a deeper level with additional resources on the Evolve website featuring: Over 40 video clips that correspond to case studies and demonstrate conditions found in each chapter Helpful resources, including web links Questions and exercises you'll find helpful when preparing for the pediatric specialist certification exam

motion physical therapy fremont ca: Documentation for Rehabilitation Lori Quinn, James Gordon, 2015-12-11 Better patient management starts with better documentation! *Documentation for Rehabilitation: A Guide to Clinical Decision Making in Physical Therapy*, 3rd Edition shows how to accurately document treatment progress and patient outcomes. Designed for use by rehabilitation professionals, documentation guidelines are easily adaptable to different practice settings and patient populations. Realistic examples and practice exercises reinforce concepts and encourage you to apply what you've learned. Written by expert physical therapy educators Lori Quinn and James Gordon, this book will improve your skills in both documentation and clinical reasoning. A practical framework shows how to organize and structure PT records, making it easier to document functional outcomes in many practice settings, and is based on the International Classification for Functioning, Disability, and Health (ICF) model - the one adopted by the APTA. Coverage of practice settings includes documentation examples in acute care, rehabilitation, outpatient, home care, and nursing homes, as well as a separate chapter on documentation in pediatric settings. Guidelines to systematic documentation describe how to identify, record, measure, and evaluate treatment and therapies - especially important when insurance companies require evidence of functional progress in order to provide reimbursement. Workbook/textbook format uses examples and exercises in each chapter to reinforce your understanding of concepts. NEW Standardized Outcome Measures chapter leads to better care and patient management by helping you select the right outcome measures for use in evaluations, re-evaluations, and discharge summaries. UPDATED content is based on data

from current research, federal policies and APTA guidelines, including incorporation of new terminology from the Guide to Physical Therapist 3.0 and ICD-10 coding. EXPANDED number of case examples covers an even broader range of clinical practice areas.

motion physical therapy fremont ca: Complementary Therapies for Physical Therapy - E-Book Judith E. Deutsch, Ellen Z. Anderson, 2007-12-10 Complementary Therapies for Physical Therapy: A Clinical Decision-Making Approach is unique in that it provides a comprehensive overview plus detailed coverage of the therapies most relevant to rehabilitation. The largest section of the book covers Manual Body-Based Therapies, which (arguably) are a natural extension of established physical and occupational therapy interventions. This section includes Rolting, Feldenkrais Method, Alexander Technique, Craniosacral Therapy, Pilates, Trager, and Shiatsu. Movement therapies which are not hands-on (Yoga and Tai Chi) are covered in another section. Separate chapters are devoted to Qi Gong and Magnets, which many therapists use along with more traditional physical agents. - PICO (Population, Intervention, Comparison, Outcome) boxes summarize key information and save you time by providing a method for performing quick and accurate literature searches. - Realistic case scenarios show you how various CAM modalities can be incorporated into treatment for therapeutic benefit. - The use of the clinical decision-making model prepares you to implement critical-thinking skills across other CAM treatments. - Well-referenced content with a focus on literature ensures that content is up-to-date and evidence-based to provide you with the tools you need to search additional areas and keep current with new literature in this constantly changing field. - An emphasis on therapies most relevant to rehabilitation ensures you get the information you need to incorporate CAM into your practice.

motion physical therapy fremont ca: Physical Therapies in Sport and Exercise Gregory S. Kolt, Lynn Snyder-Mackler, 2003 This unique, evidence-based textbook examines therapies for sport and exercise. It outlines the research findings that support various physical therapy treatment approaches. With the increasing role that physical therapists now play in prevention and management of sports injuries, this book is a must-have for all practitioners in the field. Covers the theory and application of motor control and motor relearning in the management of sport and exercise related injury. Addresses the mechanisms of pain production in acute and chronic conditions, outlining a variety of strategies for the assessment and management of sport exercise injuries. Provides evidence for the use of exercise in injury prevention and rehabilitation, with a focus on strength training, endurance training, interval training, plyometrics, and stabilization training. Focuses on psychological factors affecting the onset and rehabilitation of injury, in addition to issues related to rehabilitation adherence, the role of the physical therapist in applying basic cognitive-behavioral techniques, dealing with long-term and pain, and general counseling. Covers principles of screening that can be applied to a range of sport and exercise activities, describing assessment of the athlete's general health, pre-activity musculoskeletal function, identification of predisposing factors to musculoskeletal injury, the relevance of obtaining baseline data, and factors that may affect sport and exercise participation. Focuses on standardized evidence-based outcome measures appropriate for use in assessing sport and exercise related injuries in each region of the body. Evaluates the various electrophysical agents commonly used by physical therapists from a scientific perspective, such as therapeutic ultrasound, laser therapy, magnetic therapy, interferential therapy, and hyperbaric oxygen. Outlines the assessment and management of conditions specific to children and adolescents involved in sport and physical activity, highlighting injuries and conditions related to the immature musculoskeletal system. Covers specific issues related to the assessment and management of conditions in older individuals involved in sport and physical activity, including the impact on physical therapy assessment and management of age-related changes to the systems of the body, guidelines for exercise prescription, pharmacological agents, and comorbidity. Examines gender differences in the assessment and management of the active female, including the menstrual cycle and alterations associated with exercise, use of oral contraceptives, eating disorders, and exercise during pregnancy. Outlines the assessment and management of conditions specific to disabled individuals involved in sport and physical activity, examining injuries commonly

found in people with neurological disorders, amputees, and wheelchair athletes. A chapter on pharmacological agents in sport and exercise focuses on the use of analgesics, nonsteroidal anti-inflammatories, corticosteroid injections, and medications used for specific conditions (e.g. asthma) and the impact of these on injury repair, exercise participation, and physical therapy management - as well as the effect of performance-enhancing drugs on athlete health. Provides an understanding of the various imaging modalities used in diagnosing sport and exercise-related injuries. Offers an overview of common medical emergencies in sport and exercise and the role that physical therapists (as primary contact practitioners) are required to undertake in the first-aid management of these issues.

motion physical therapy fremont ca: 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.

motion physical therapy fremont ca: Adding Insight To Injury Dr. Jamie Bovay, 2020-06-10 What if everything you thought you knew about injury recovery was wrong? If you have ever been injured, you know that there is an overload of information out there, making it very difficult to decide on a path to recovery. With such a range of diverse and, many times, conflicting information out there, how do you know if you are making the best decisions for your health? If you have ever suffered from back, knee, shoulder, neck, foot and ankle, or other sports injury problems but don't know what to do about it, this book is for you. Stop wasting any more time and get clarity now. This book focuses on long-term solutions for living a more active and healthy life post-injury, without suggesting unhealthy or unnecessary options such as painkillers, injections, or surgeries. Too many people continue to put off taking care of their health, hoping their pain will "go away soon" or saying that it's "just a part of getting older." All the while, these same people become more and more frustrated that they can't do what they used to be able to or what they would like or need to do in their current everyday life. If you are someone who values your health and wants to continue---or begin---living an active lifestyle, then this book will be your guide, leading you from pain and injury to recovery. Here is some of what you'll learn in this book: · The false beliefs about injury recovery that could be holding you back and how to avoid making costly mistakes (especially if you already have pain or stiffness) in your recovery journey · Why your pain may not be improving when it should be · What's needed to recover from injuries in each body region (back, knee, shoulder, neck, foot/ankle, etc.) · How you can stay active with your favorite sport or exercise while improving your pain · How to approach mobility-training exercises to get the most benefit for rehab versus for performance · Steps and advice to improve your overall mental wellness and nutrition How to choose

a quality healthcare provider who best fits your needs. Want to truly understand the principles that guide injury recovery? Adding Insight To Injury lays out a blueprint for understanding all of the decisions needed in the rehabilitation process. This book lays out safe and effective approaches for rehabilitating injuries and actionable steps for returning to an active life. With the information in this book, you can make a better, more well-informed decision about your health, allowing you to decide what you need to do to make improvements. Unsure how to put everything together into a program that addresses your individual needs? Applying the principles in this book will allow you to devise a plan to improve your pain, injury, mobility, strength, and return to whatever you need to do. Quality movement is a unique characteristic that helps define us as human beings. But, if we can't move the way we deserve, it can interrupt our lives. Many times, the causes of pain, stiffness, and poor movement may be difficult to spot on your own. This book gives you the tools to identify and overcome the problems associated with ineffective injury recovery. Whether you are a professional athlete, weekend warrior, someone who just occasionally exercises, or simply want to move and live your life without physical restrictions or impairments, this one-of-a-kind guide will teach you how to take control of the injury recovery process and improve your life. Some of the other topics covered include:

- Why letting your injury "rest" is a bad idea
- Why stretching and exercise are not likely going to help your pain
- When the theory of "no pain, no gain" isn't something you should follow
- The difference between flexibility and mobility and why it matters with injury recovery
- Understanding why where you hurt (the victim) isn't necessarily where the pain is coming from (the culprit)
- What is involved in treating common problems like back pain, shoulder and neck pain, knee pain, hip pain, foot and ankle pain, and sports injuries
- How to approach strength, flexibility, mobility, and exercise to prevent and rehabilitate common injuries
- How to modify and perform cross-training while you are injured
- Why beds, pillows, shoes, braces or other items likely won't help you alleviate your pain, in the long run
- Pain and injury timelines as well as rehabilitation guidelines and timeframes
- How posture affects your pain
- Why you may not have tight hamstrings or hip flexors even though they feel "tight"
- What is needed to get rid of your pain and how to fix the bad habits that are slowing your injury recovery
- The techniques to try with your workouts or exercise to help with injury preventions
- The 53 most frequently asked questions and detailed answers about pain, injuries, and injury recovery

This comprehensive guide is meant to be the answer to all of the injury recovery questions you have and give you information needed during the recovery process. Following the advice in this book will help lead you to a happier, more active lifestyle for years to come. About The Author: Dr. Jamie Bovay is one of Colorado's leading physical therapists and founder of KinetikChain Denver, a clinic specializing in helping active adults avoid the frustrations of pain and injury so they can live their active lifestyles and get back to everything they want, need, and love to do. Jamie has helped thousands of people, ranging from couch potatoes to professional athletes, recover from pain and injury as well as trained 100's of medical professionals all over the country about his treatment ideas and rehabilitation methods. In this guide, he teaches you all of the information you need to make better, more well-informed decisions about your health and lays out action plans for what you need to do to recover.

imotion physical therapy fremont ca: *Movement Science* Roberta B. Shepherd, 1987

imotion physical therapy fremont ca: *Using Whole Body Vibration in Physical Therapy and Sport E-Book* Alfio Albasini, Martin Krause, Ingo Volker Rembitzki, 2010-01-11 This innovative new manual demonstrates the application of vibration technology to the treatment of pathologies such as osteoporosis, osteopenia, stroke and different musculoskeletal disorders. It covers pathology on the upper and lower extremities as well as the whole spine. New treatment strategies are practically and logically presented with recommended exercises and accompanying instructions that can be applied using the vibration platforms. Rationale is given for selected vibration frequencies, amplitudes and modes for the duration and frequency of the exercise session. The manual is grounded in evidence underpinned by a thorough literature review (including a balanced view of both pros and cons) and clinical cases. The authors present clinical treatment parameters that are evidence-based and have supportive physiological rationale that is consistent with the nature of the pathology being treated.

First book of its kind applying evidence-based vibration technology to physical (physiotherapy) and sport therapy practice
Exercise recommendations accompanied by over 70 four-colour illustrations
Indications and contra-indications in clinical practice
Comprehensive literature review of evidence base and principles
Written and supported by experts actively applying this technology to their practice

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W. E. Arnould-Taylor, 1977

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