

impact physical therapy champaign

impact physical therapy champaign is a leading provider of rehabilitation services in the Champaign area, offering comprehensive care designed to improve mobility, reduce pain, and enhance overall quality of life. This article explores the various aspects of impact physical therapy Champaign, including the types of treatments available, the benefits of physical therapy, and what patients can expect during their rehabilitation journey. Emphasizing patient-centered care and evidence-based techniques, impact physical therapy Champaign has established itself as a trusted resource for individuals recovering from injuries, managing chronic pain, or seeking preventive care. Whether addressing sports injuries, post-surgical rehabilitation, or neurological conditions, the expert therapists at this facility employ personalized treatment plans tailored to each patient's unique needs. Understanding the scope and advantages of physical therapy in Champaign can empower patients to make informed decisions about their health and recovery options. The following sections provide a detailed overview of impact physical therapy Champaign services, approaches, and the critical role physical therapy plays in community health.

- Overview of Impact Physical Therapy Champaign
- Services Offered at Impact Physical Therapy Champaign
- Benefits of Physical Therapy in Champaign
- Patient Experience and Treatment Process
- Choosing the Right Physical Therapy Provider in Champaign

Overview of Impact Physical Therapy Champaign

Impact physical therapy Champaign is recognized for its commitment to delivering high-quality rehabilitative services that focus on restoring function and improving patient outcomes. Located in the heart of Champaign, this facility integrates the latest therapeutic techniques with compassionate care to address a wide array of musculoskeletal and neurological conditions. The team consists of licensed and highly trained physical therapists who specialize in various areas such as orthopedics, sports medicine, and post-operative rehabilitation. Their mission centers on helping patients regain independence and return to their daily activities with confidence.

Mission and Approach

The core mission of impact physical therapy Champaign is to provide individualized treatment plans that are evidence-based and outcome-driven. Therapists conduct thorough evaluations to understand each patient's diagnosis, lifestyle, and goals. This patient-centered methodology ensures that therapy programs are customized for maximum effectiveness, emphasizing functional improvement and pain reduction.

Facility and Technology

The clinic is equipped with state-of-the-art rehabilitation equipment and technology designed to enhance therapy outcomes. From therapeutic exercise machines to advanced modalities such as electrical stimulation and ultrasound therapy, impact physical therapy Champaign leverages modern tools to support recovery. The welcoming environment promotes healing and encourages patient engagement throughout the rehabilitation process.

Services Offered at Impact Physical Therapy Champaign

Impact physical therapy Champaign provides a comprehensive range of services tailored to meet the diverse needs of patients. These services span preventive care, injury rehabilitation, and specialized therapies for chronic conditions. The multidisciplinary team works collaboratively to deliver integrated care that addresses both the physical and functional aspects of recovery.

Orthopedic Physical Therapy

This service focuses on treating injuries related to bones, joints, muscles, and ligaments, including fractures, sprains, and post-surgical rehabilitation. Therapists utilize manual therapy, therapeutic exercises, and modalities to restore strength and mobility.

Sports Injury Rehabilitation

Designed for athletes of all levels, this program aims to accelerate recovery from sports-related injuries and prevent future occurrences. It includes sport-specific training and conditioning to optimize performance and reduce downtime.

Neurological Rehabilitation

Patients with neurological disorders such as stroke, multiple sclerosis, or Parkinson's disease benefit from specialized therapies aimed at improving coordination, balance, and motor function. Therapists implement neuroplasticity techniques to enhance neural recovery.

Post-Surgical Rehabilitation

Following surgical procedures, patients receive targeted therapy to promote healing, reduce scar tissue, and regain functional movement. The therapy is closely coordinated with surgeons for optimal results.

Chronic Pain Management

Therapeutic interventions focus on alleviating persistent pain conditions such as arthritis, fibromyalgia, and back pain. The approach combines manual therapy, education, and exercise to improve pain tolerance and quality of life.

Benefits of Physical Therapy in Champaign

Engaging in physical therapy at impact physical therapy Champaign offers numerous advantages that extend beyond symptom relief. The holistic nature of therapy promotes long-term health and functional independence.

Improved Mobility and Flexibility

Physical therapy helps restore range of motion and flexibility in affected areas, allowing patients to perform daily activities with greater ease and comfort.

Pain Reduction Without Medication

By using non-invasive techniques such as manual therapy and therapeutic exercises, physical therapy reduces pain naturally, minimizing the need for pain medications and their associated side effects.

Prevention of Future Injuries

Therapists educate patients on proper body mechanics and strengthening exercises to prevent recurrence of injuries and maintain overall musculoskeletal health.

Enhanced Recovery Time

Targeted interventions accelerate healing processes, enabling patients to return to work, sports, and recreational activities more quickly.

Customized Care Plans

Each therapy program is tailored to the individual's condition, lifestyle, and goals, ensuring personalized attention and effective treatment outcomes.

- Restores functional independence
- Supports chronic condition management
- Improves balance and coordination

- Facilitates post-operative healing
- Encourages healthy lifestyle habits

Patient Experience and Treatment Process

The patient journey at impact physical therapy Champaign is designed to be seamless, supportive, and informative. From the initial consultation to the completion of therapy, patients receive expert guidance and encouragement.

Initial Assessment and Evaluation

During the first visit, therapists conduct a comprehensive evaluation that includes medical history, physical examination, and functional assessments. This process identifies the root causes of symptoms and determines the appropriate treatment plan.

Goal Setting and Treatment Planning

Therapists collaborate with patients to set realistic and measurable goals. Treatment plans are then developed, incorporating a variety of techniques such as manual therapy, exercise regimens, and patient education.

Therapy Sessions and Progress Monitoring

Regular therapy sessions involve hands-on treatment, guided exercises, and use of therapeutic modalities. Progress is continuously monitored, and plans are adjusted as needed to ensure optimal recovery.

Patient Education and Home Exercise Programs

Education on injury prevention, posture, and ergonomics is integral to therapy. Patients are provided with tailored home exercise programs to maintain improvements between sessions and after discharge.

Choosing the Right Physical Therapy Provider in Champaign

Selecting a qualified and experienced physical therapy provider is essential for achieving successful rehabilitation outcomes. Impact physical therapy Champaign exemplifies the qualities patients should seek when choosing a clinic.

Credentials and Specializations

Ensuring that therapists are licensed and have specialized training in relevant areas such as orthopedics or neurology can significantly impact the quality of care received.

Patient-Centered Care Philosophy

Providers who prioritize individualized treatment plans and patient engagement typically deliver better results and higher satisfaction rates.

Facility Resources and Accessibility

Modern equipment, convenient location, and flexible scheduling contribute to a positive therapy experience and adherence to treatment.

Insurance and Affordability

Understanding insurance coverage and payment options is important to reduce financial barriers to receiving necessary physical therapy services.

1. Verify therapist licenses and certifications
2. Assess clinic reputation and patient reviews
3. Confirm availability of specialized treatment programs
4. Evaluate convenience of location and hours
5. Review insurance acceptance and costs

Frequently Asked Questions

What services does Impact Physical Therapy Champaign offer?

Impact Physical Therapy Champaign offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and personalized exercise programs.

How experienced are the therapists at Impact Physical

Therapy Champaign?

The therapists at Impact Physical Therapy Champaign are highly trained and licensed professionals with extensive experience in treating various musculoskeletal conditions and sports injuries.

Does Impact Physical Therapy Champaign accept insurance?

Yes, Impact Physical Therapy Champaign accepts most major insurance plans. It is recommended to contact their office directly to verify coverage and benefits.

What are the typical wait times for an appointment at Impact Physical Therapy Champaign?

Impact Physical Therapy Champaign typically offers timely appointments, often scheduling new patients within a few days depending on availability and urgency of the condition.

Can Impact Physical Therapy Champaign help with chronic pain management?

Yes, Impact Physical Therapy Champaign provides specialized programs aimed at managing chronic pain through therapeutic exercises, manual therapy, and patient education.

Does Impact Physical Therapy Champaign provide telehealth or virtual therapy sessions?

Impact Physical Therapy Champaign may offer telehealth services for certain conditions; it is best to contact them directly to learn about current virtual therapy options.

What makes Impact Physical Therapy Champaign different from other clinics?

Impact Physical Therapy Champaign focuses on personalized care, evidence-based treatments, and a patient-centered approach to ensure effective recovery and long-term health.

How can I book an appointment with Impact Physical Therapy Champaign?

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

Additional Resources

1. Healing Hands: The Comprehensive Guide to Impact Physical Therapy in Champaign

This book offers an in-depth exploration of the techniques and treatments used in impact physical therapy, specifically tailored to the Champaign community. It covers the latest advancements in rehabilitation science and practical approaches to recovering from injuries. Readers will find case

studies, patient testimonials, and expert advice on maximizing therapy outcomes.

2. Rehabilitation Revolution: Transforming Lives with Impact Physical Therapy

Focusing on the transformative power of physical therapy, this book highlights success stories from Champaign patients who have overcome significant physical challenges. It explains the principles behind impact therapy and provides guidance on how to choose the right treatment plan. The book also addresses preventative measures to maintain long-term physical health.

3. Champaign's Guide to Injury Recovery and Impact Physical Therapy

Designed for both patients and practitioners, this guide details common injuries treated through impact physical therapy in the Champaign area. It includes step-by-step rehabilitation protocols and exercises aimed at improving strength and mobility. The book emphasizes personalized care and the importance of patient-therapist collaboration.

4. Innovations in Impact Physical Therapy: Techniques and Trends in Champaign

This title delves into cutting-edge technologies and innovative methods being implemented in impact physical therapy clinics throughout Champaign. It covers advancements such as robotic-assisted therapy, virtual reality rehabilitation, and new manual therapy techniques. The book is ideal for therapists seeking to enhance their practice and patients interested in the latest treatment options.

5. From Pain to Performance: A Champaign Athlete's Journey Through Impact Physical Therapy

Chronicling the rehabilitation journey of local athletes, this book showcases how impact physical therapy helps restore peak performance after injury. It offers insights into sport-specific therapy approaches and motivational strategies to stay committed during recovery. Coaches and athletes alike will find valuable tips for managing injuries effectively.

6. Mind and Body Healing: Integrative Approaches in Champaign's Impact Physical Therapy

Exploring the connection between mental wellness and physical rehabilitation, this book presents holistic strategies used in Champaign's impact physical therapy clinics. It discusses techniques such as mindfulness, biofeedback, and stress management alongside traditional physical therapy. The approach aims to enhance overall healing and improve patient outcomes.

7. The Patient's Handbook to Impact Physical Therapy in Champaign

This practical handbook serves as a comprehensive resource for patients beginning their impact physical therapy journey in Champaign. It explains what to expect during therapy sessions, how to prepare for appointments, and tips for home exercises. The book also addresses common concerns and answers frequently asked questions to empower patients.

8. Strength and Mobility: Essential Exercises from Champaign's Impact Physical Therapists

Featuring a collection of targeted exercises recommended by Champaign's top physical therapists, this book focuses on building strength and improving mobility. Each exercise is illustrated with detailed instructions and safety tips. It is suitable for individuals recovering from injury as well as those seeking to prevent physical decline.

9. Community Care and Support: The Role of Impact Physical Therapy in Champaign

This book examines how impact physical therapy contributes to the overall health and well-being of the Champaign community. It highlights collaborative efforts between therapists, healthcare providers, and local organizations to promote accessible rehabilitation services. Readers will gain an appreciation for the social impact of physical therapy beyond individual treatment.

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impact physical therapy champaign: *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.

impact physical therapy champaign: *Therapeutic Exercise for Physical Therapist Assistants* William D. Bandy, Barbara Sanders, 2007-01-01 Completely updated and rewritten to meet the specific needs of physical therapist assistants, this Second Edition focuses on the implementation of treatment plans and intervention using the appropriate therapeutic exercise techniques. The book describes a wide variety of therapeutic exercises and details the purpose, position, and procedure for each technique. Case studies and pediatric and geriatric recommendations are included. This edition has three all-new chapters: the role of the physical therapist assistant in therapeutic exercise, enhancement of breathing and pulmonary function, and functional fitness training for the elderly. Other new features include a two-color design, updated illustrations, and a glossary.

impact physical therapy champaign: *Evidence-Based Physical Therapy for the Pelvic Floor - E-Book* Kari Bø, Bary Berghmans, Siv Mørkved, Marijke Van Kampen, 2023-11-24 Written by leading experts in this field, *Evidence-Based Physical Therapy for the Pelvic Floor* provides physiotherapists and other professionals with knowledge and confidence to bring the latest evidence-based approaches and treatment strategies for addressing pelvic floor dysfunction to their practice. Fully updated and with a wealth of new information, this edition includes sections on devices and apps, gynaecological cancer, sexual dysfunction, fistula, clinical use of EMG, anal incontinence and pain, as well as a discussion of sexualized violence by Nobel Peace Prize winner Denis Mugwege and his team. - New and fully updated contents; new authors and new chapters provide contemporary

evidence - Innovative practice guidelines supported by a sound evidence base - Colour illustrations of pelvic floor anatomy and related neuroanatomy/neurophysiology - MRIs and ultrasounds showing normal and dysfunctional pelvic floor - Key summaries for easy navigation - Full colour throughout

impact physical therapy campaign: *Get Fit, Stay Fit* William E Prentice, 2015-11-03 Learn how to take control of your own well-being. You'll find both the motivation and scientific knowledge you need to develop your own personal plan for healthy living and to make physical activity an integral part of that plan. You'll also explore the roles of stress management, sleep, and nutrition in achieving your goals.

impact physical therapy campaign: *Dreeben-Irimia's Introduction to Physical Therapy Practice for Physical Therapist Assistants* Christina M. Barrett, 2019-11-12 Dreeben-Irimia's Introduction to Physical Therapy Practice for Physical Therapist Assistants, Fourth Edition introduces students to the role of the physical therapist assistant in physical therapy care.

impact physical therapy campaign: *Stroke Rehabilitation* Glen Gillen, EdD, OTR, FAOTA, 2015-08-12 Learn to confidently manage the growing number of stroke rehabilitation clients with Gillen's Stroke Rehabilitation: A Function-Based Approach, 4th Edition. Using a holistic and multidisciplinary approach, this text remains the only comprehensive, evidence-based stroke rehabilitation resource for occupational therapists. The new edition has been extensively updated with the latest information, along with more evidence-based research added to every chapter. As with previous editions, this comprehensive reference uses an application-based method that integrates background medical information, samples of functionally based evaluations, and current treatment techniques and intervention strategies. Evidence-based clinical trials and outcome studies clearly outline the basis for stroke interventions. UNIQUE! Survivor's Perspectives help readers understand the stroke rehabilitation process from the client's point-of-view. UNIQUE! Case studies challenge readers to apply rehabilitation concepts to realistic scenarios. UNIQUE! A multidisciplinary approach highlights discipline-specific distinctions in stroke rehabilitation among occupation and physical therapists, physicians, and speech-language pathologists. Review questions in each chapter help readers assess their understanding of rehabilitation concepts. Key terms and chapter objectives at the beginning of each chapter help readers study more efficiently. Three new chapters broaden your understanding of stroke intervention in the areas of Using Technology to Improve Limb Function, Managing Speech and Language Deficits after Stroke, and Parenting after Stroke. Learning activities and interactive references on a companion Evolve Resources website help you review textbook content and locate additional information.

impact physical therapy campaign: *Dreeben-Irimia's Introduction to Physical Therapist Practice for Physical Therapist Assistants* Barrett, Christina M. Barrett, 2016-01-22 Preceded by Introduction to physical therapy for physical therapist assistants / Olga Dreeben-Irimia. 2nd ed. 2011.

impact physical therapy campaign: Pathology for the Physical Therapist Assistant - E-Book Catherine Cavallaro Kellogg, Charlene Marshall, 2016-11-29 Understand the why behind diseases and disorders and how it affects what you do in everyday practice with Goodman and Fuller's Pathology Essentials for the Physical Therapist Assistant, 2nd Edition. This reader-friendly book serves as both a great learning guide and reference tool as it covers all the pathology-related information that is most relevant to what you, the future or practicing physical therapy assistant, need to know. Each chapter takes a well-organized approach as it defines each pathology disorder; describes the appropriate physical therapy assessments, interventions, guidelines, precautions, and contraindications; and rounds out the discussion with relevant case study examples based on established practice patterns. This new edition also features new critical thinking questions and clinical scenarios on Evolve which bring the material to life and help you see how the information in the book can be applied to the day-to-day work of a physical therapist assistant. - PTA-specific information and reading level provides easy-to-follow guidance that is specific to the role of the PTA in managing patients. - Special Implications for the PTA sections offer a starting point when addressing a particular condition for the first time. - Medical management section addresses

diagnosis, treatment, and prognosis for each condition discussed. - Easy-to-follow, consistent format features a well-organized approach that defines each disorder followed by sections on clinical manifestations and medical management. - More than 700 full-color images help reinforce understanding of disease conditions and general pathology principles. - Coverage of basic science information and the clinical implications of disease within the rehabilitation process gives readers a solid background in common illnesses and diseases, adverse effects of drugs, organ transplantation, laboratory values, and much more. - Terminology and language from the Guide to Physical Therapy Practice is used throughout the text to familiarize readers with the standardized terminology that's used in practice. - Abundance of tables and boxes organize and summarize important points making it easy to access key information. - Twelve e-chapters offer supplemental information in the areas of behavioral issues, the gastrointestinal system, vestibular disorders and more. - NEW! Clinical scenarios on the Evolve companion website look at patients who have variety of comorbidities and the many factors to consider when evaluating and treating. - NEW! Critical thinking questions on the Evolve companion website help users apply the knowledge gained from the text. - NEW! Vocab builders set the stage by framing upcoming information in the text.

impact physical therapy campaign: Meeting the Physical Therapy Needs of Children

Susan K Effgen, 2012-09-12 Ensure children with disabilities and special healthcare needs achieve their full potential. Noted authority Susan Effgen and a team of scholars and clinical experts explore the role of the physical therapist in meeting the needs of children and their families in a culturally appropriate context using a family-centered, abilities-based model. The 2nd Edition of this landmark text has been thoroughly revised, updated, and expanded to encompass all of today's new theories, clinical applications, and skills. From the major body systems to assistive technology and intervention support, you'll develop the clinical knowledge you need to provide a child with the very best care from initial examination to graduation from your services.

impact physical therapy campaign: Adaptability of Human Gait A.E. Patla, 1991-03-25 A

large number of volumes have been produced summarizing the work on generation and control of rhythmic movements, in particular locomotion. Unfortunately most of them focus on locomotor studies done on animals. This edited volume redresses that imbalance by focusing completely on human locomotor behaviour. The very nature of the problem has both necessitated and attracted researchers from a wide variety of disciplines ranging from psychology, neurophysiology, kinesiology, engineering, medicine to computer science. The different and unique perspectives they bring to this problem provide a comprehensive picture of the current state of knowledge on the generation and regulation of human locomotor behaviour. A common unifying theme of this volume is studying the adaptability of human gait to obtain insights into the control of locomotion. The intentional focus on adaptability is meant to draw attention to the importance of understanding the generation and regulation of skilled locomotor behaviour rather than just the generation of basic locomotor patterns which has been the major focus of animal studies. The synthesis chapter at the end of the volume examines how the questions posed, the technology, and the experimental and theoretical paradigms have evolved over the years, and what the future has in store for this important research domain.

impact physical therapy campaign: Geriatric Physical Therapy - eBook Andrew A.

Guccione, Dale Avers, Rita Wong, 2011-03-07 Geriatric Physical Therapy offers a comprehensive presentation of geriatric physical therapy science and practice. Thoroughly revised and updated, editors Andrew Guccione, Rita Wong, and Dale Avers and their contributors provide current information on aging-related changes in function, the impact of these changes on patient examination and evaluation, and intervention approaches that maximize optimal aging. Chapters emphasize evidence-based content that clinicians can use throughout the patient management process. Six new chapters include: Exercise Prescription, Older Adults and Their Families, Impaired Joint Mobility, Impaired Motor Control, Home-based Service Delivery, and Hospice and End of Life. Clinically accurate and relevant while at the same time exploring theory and rationale for evidence-based practice, it's perfect for students and practicing clinicians. It's also an excellent

study aid for the Geriatric Physical Therapy Specialization exam. Comprehensive coverage provides all the foundational knowledge needed for effective management of geriatric disorders. Content is written and reviewed by leading experts in the field to ensure information is authoritative, comprehensive, current, and clinically accurate. A highly readable writing style and consistent organization make it easy to understand difficult concepts. Tables and boxes organize and summarize important information and highlight key points for quick reference. A well-referenced and scientific approach provides the depth to understand processes and procedures. Theory mixed with real case examples show how concepts apply to practice and help you enhance clinical decision-making skills. Standard APTA terminology familiarizes you with terms used in practice. A new chapter, Exercise Prescription, highlights evidence-based exercise prescription and the role of physical activity and exercise on the aging process. A new chapter, Older Adults and Their Families, helps physical therapists understand the role spouses/partners and adult children can play in rehabilitation, from providing emotional support to assisting with exercise programs and other daily living activities. New chapters on Impaired Joint Mobility, Impaired Motor Control, Home-based Service Delivery, and Hospice and End of Life expand coverage of established and emerging topics in physical therapy. Incorporates two conceptual models: the Guide to Physical Therapist Practice, 2nd Edition, and the International Classification of Function, Disability, and Health (ICF) of the World Health Organization (WHO) with an emphasis on enabling function and enhancing participation rather than concentrating on dysfunction and disability. A companion Evolve website includes all references linked to MEDLINE as well as helpful links to other relevant websites.

impact physical therapy campaign: *Stroke Rehabilitation - E-Book* Glen Gillen, 2015-07-15 - Three new chapters broaden your understanding of stroke intervention in the areas of Using Technology to Improve Limb Function, Managing Speech and Language Deficits after Stroke, and Parenting after Stroke. - Learning activities and interactive references on a companion Evolve Resources website help you review textbook content and locate additional information.

impact physical therapy campaign: Neurologic Interventions for Physical Therapy Suzanne "Tink" Martin, PT, PhD, Mary Kessler, MHS, PT, 2015-06-24 Master the role of the physical therapist or physical therapist assistant in neurologic rehabilitation! *Neurologic Interventions for Physical Therapy*, 3rd Edition helps you develop skills in the treatment interventions needed to improve the function of patients with neurologic deficits. It provides a solid foundation in neuroanatomy, motor control, and motor development, and offers clear, how-to guidelines to rehabilitation procedures. Case studies help you follow best practices for the treatment of children and adults with neuromuscular impairments caused by events such as spinal cord injuries, cerebral palsy, and traumatic brain injuries. Written by physical therapy experts Suzanne "Tink" Martin and Mary Kessler, this market-leading text will help you prepare for the neurological portion of the PTA certification exam and begin a successful career in physical therapy practice. Comprehensive coverage of neurologic rehabilitation explores concepts in neuroanatomy, motor control and motor learning, motor development, and evidence-based treatment of adults and children with neuromuscular impairments. Over 700 photos and drawings clarify concepts, show anatomy, physiology, evaluation, and pathology, and depict the most current rehabilitation procedures and technology. Case studies demonstrate the patient examination and treatment process, and show how to achieve consistency in documentation. Proprioceptive Neuromuscular Facilitation chapter describes how PNF can be used to improve a patient's performance of functional tasks by increasing strength, flexibility, and range of motion - key to the treatment of individuals post stroke. Review questions are included at the end of each chapter, with answers at the back of the book. Illustrated step-by-step intervention boxes, tables, and charts highlight important information, and make it easy to find instructions quickly. Use of language of the APTA Guide to Physical Therapist Practice ensures that you understand and comply with best practices recommended by the APTA. NEW photographs of interventions and equipment reflect the most current rehabilitation procedures and technology. UPDATED study resources on the Evolve companion website include an intervention collection, study tips, and additional review questions and interactive case studies.

impact physical therapy campaign: Laboratory Assessment and Exercise Prescription

Jeffrey M. Janot, Nicholas M. Beltz, 2022-05-23 Laboratory Assessment and Exercise Prescription With HKPropel Online Video provides the practical knowledge and application skills for administering, interpreting, and applying data from health and fitness testing to create data-backed exercise prescription for clients. Focusing on the tests most widely used by professionals working in health, fitness, and allied health, the text covers both clinical and field tests so readers will be able to conduct assessments using a wide range of equipment and resources. Because the content is consistent with ACSM's Guidelines for Exercise Testing and Prescription, Eleventh Edition, both current and aspiring professionals can be assured they're using the most up-to-date methods and information available to best serve individual client needs and goals. Each lab demonstrates applications for the screenings and tests presented, with straightforward instructions for performing the assessment and collecting accurate data—both in the lab and when working with actual clients. Readers will learn about common errors made in assessments and will find out how to interpret results to assist clients in setting realistic health and fitness goals. Finally, readers will understand how the results of assessment will affect exercise program design and will learn how to combine data and client goals to design and prescribe an individualized exercise program. The book begins by taking the reader through the groundwork of working with clients and giving the reader experience with preparticipation screenings and basic fitness assessments. Next, assessment of body composition is addressed, along with assessment of resting metabolic rate, metabolic equations, and the application of those calculations within an exercise program. Aerobic and muscular fitness assessments are presented, followed by assessment of clinical variables, including pulmonary function testing, basic electrocardiography, and functional fitness testing. Two appendices cover common classes of medications (and how these medications may affect the exercise response) and basic emergency procedures for exercise physiology labs. Eleven case studies are also included, providing practical experience with interpreting data and designing an exercise program for a client. Related online video, delivered through HKPropel, demonstrates select assessments to improve comprehension of how to apply the content and develop skills for use with clients. Laboratory Assessment and Exercise Prescription is the essential guide for those studying for a fitness certification as well as for current health and fitness professionals who want a handy reference for testing. It offers the direction and understanding needed to accurately conduct exercise testing; analyze, interpret, and communicate data; and ultimately prescribe effective and safe exercise programs for clients. Note: A code for accessing online videos is included with this ebook.

impact physical therapy campaign: Fundamental Orthopedic Management for the Physical Therapist Assistant - E-Book Robert C. Manske, 2021-07-15 - NEW! Updated content and references are added throughout the book to reflect changes in practice patterns. - NEW! Expanded full-color illustrations add clarity to anatomy and procedural drawings and make it easier to learn important concepts - NEW! Updated chapter summaries highlight essential, need-to-know information. - NEW! Updated educator and student resources on the Evolve website provide tools to make teaching and learning easier.

impact physical therapy campaign: Cardiovascular and Pulmonary Physical Therapy Donna Frownfelter, Elizabeth Dean, 2012-03-30 Providing a solid foundation in cardiovascular and pulmonary physiology and rehabilitation, Cardiovascular and Pulmonary Physical Therapy: Evidence and Practice, 5th Edition uses the latest scientific literature and research in covering anatomy and physiology, assessment, and interventions. A holistic approach addresses the full spectrum of cardiovascular and pulmonary physical therapy from acute to chronic conditions, starting with care of the stable patient and progressing to management of the more complex, unstable patient. Both primary and secondary cardiovascular and pulmonary disorders are covered. In this edition, updates include new, full-color clinical photographs and the most current coverage of techniques and trends in cardiopulmonary physical therapy. Edited by Donna Frownfelter and Elizabeth Dean, recognized leaders in cardiovascular and pulmonary rehabilitation, this resource is ideal for clinicals and for practice. - Evidence-based practice is demonstrated with case studies, and the latest research

supports PT decision-making. - Real-life clinical cases show the application of concepts to evidence-based practice. - Holistic approach supports treating the whole person rather than just the symptoms of a disease or disorder, covering medical, physiological, psychological, psychosocial, therapeutic, practical, and methodological aspects. - Coverage includes both primary and secondary cardiovascular and pulmonary conditions. - An integrated approach to oxygen transport demonstrates how the cardiovascular and pulmonary systems function together. - Emphasis on the terminology and guidelines of APTA's Guide to Physical Therapist Practice keeps the book consistent with the standards for practice in physical therapy. - Key terms and review questions in each chapter focus your learning on important concepts. - The Evolve companion website includes additional resources such as a case study guide, Archie animations, color images, video clips, WebLinks, and references with links to MEDLINE abstracts. - Full-color photos and illustrations enhance your understanding of the book's concepts. - Two new Mobilization and Exercise chapters cover physiologic principles along with application to practice. - Information on airway clearance techniques is revised and condensed into one comprehensive chapter. - New reference style makes it easier to find resources by replacing the old author-date references with numbered superscripts linked to MEDLINE abstracts.

impact physical therapy champaign: Core Assessment and Training Jason Brumitt, 2010
Our understanding of the importance of core health for injury prevention, athletic performance, and rehabilitation grows each day. Make sure you can offer your clients safe and effective programs with Core Assessment and Training. In this book, you will learn to assess each client's baseline core function and develop an individualized program to meet his or her needs. In Core Assessment and Training, expert Jason Brumitt covers all aspects of core training--from basic to advanced core exercises, stretches, and plyometrics. Whether you are a personal trainer, strength coach, or rehabilitation professional, this reference will help you learn these essentials: - Functional anatomy of the core musculature - Core assessment and functional testing techniques - Fundamentals of program design for core training - Special considerations for core training for various sports and core-specific injuries and conditions This book covers not only core strength but also flexibility and plyometrics. It includes photos, illustrations, and instructions for more than 120 exercises. Sample exercise routines and a table that lists the exercises by the muscles used offer a basis for program design and provide on-the-spot reference. The accompanying DVD features video demonstrations that help you review proper techniques and protocols for many of the exercises and assessments discussed in the book. All of the information in the book and on the DVD is presented in a logical format with the busy fitness professional in mind. An online course, also titled Core Assessment and Training, can be purchased to complement and enhance the material presented in the book. The course features interactive case studies with virtual clients that guide you through developing comprehensive core training programs that encompass strengthening, flexibility, endurance and power. You'll gain insight into selecting exercises that are specific to each client's needs and into properly progressing exercises from basic to advanced. You'll also practice identifying indicated and contraindicated exercises for various injuries and health conditions, and in selecting core exercises for different athletes and clients. Understanding the concepts of core training and analyzing functioning of the core are key components of safe core exercise programs. With Core Assessment and Training, you can master the techniques for assessing each client's needs and design customized training programs for maximum results.

impact physical therapy champaign: 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.

impact physical therapy champaign: Guccione's Geriatric Physical Therapy E-Book Dale Avers, Rita Wong, 2019-10-24 **Selected for Doody's Core Titles® 2024 in Physical Therapy**Offering a comprehensive look at physical therapy science and practice, Guccione's Geriatric Physical Therapy, 4th Edition is a perfect resource for both students and practitioners

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