

impact physical therapy lynnwood

impact physical therapy lynnwood offers comprehensive rehabilitation and wellness services designed to improve mobility, reduce pain, and restore function for individuals in the Lynnwood area. This facility specializes in tailored physical therapy programs that address a wide range of conditions including sports injuries, post-surgical recovery, chronic pain, and neurological disorders. With a team of licensed and experienced physical therapists, Impact Physical Therapy Lynnwood employs evidence-based techniques and state-of-the-art equipment to ensure optimal patient outcomes. The clinic focuses on individualized care plans that incorporate manual therapy, therapeutic exercises, and patient education to promote long-term health. This article explores the various aspects of Impact Physical Therapy Lynnwood, including its services, treatment methods, benefits, and patient experiences. Understanding these elements can help potential patients make informed decisions about their physical therapy needs. The following sections provide a detailed overview of what to expect from Impact Physical Therapy Lynnwood and how it stands out in the competitive healthcare market.

- Overview of Impact Physical Therapy Lynnwood
- Range of Services Offered
- Techniques and Treatment Approaches
- Benefits of Choosing Impact Physical Therapy Lynnwood
- Patient Experience and Success Stories
- How to Get Started with Impact Physical Therapy Lynnwood

Overview of Impact Physical Therapy Lynnwood

Impact Physical Therapy Lynnwood is a premier rehabilitation center dedicated to providing high-quality physical therapy services tailored to individual patient needs. Located in the heart of Lynnwood, the clinic serves a diverse patient population ranging from athletes to seniors. The center prides itself on a patient-centered approach, focusing on comprehensive assessments that guide customized treatment plans. Licensed physical therapists at Impact Physical Therapy Lynnwood bring extensive clinical expertise across various specialties including orthopedics, sports medicine, and neurological rehabilitation. Their commitment to continuous education and adoption of the latest therapeutic techniques ensures that patients receive the most effective care available. The facility's modern environment is equipped with advanced therapeutic tools designed to facilitate efficient recovery.

Mission and Vision

The mission of Impact Physical Therapy Lynnwood is to empower patients through expert physical therapy services that enhance quality of life and promote independence. The vision centers on becoming the leading provider of rehabilitative care in the region by consistently delivering results-driven therapy and fostering patient education.

Clinical Team and Expertise

The clinical team at Impact Physical Therapy Lynnwood consists of licensed physical therapists, assistants, and support staff who work collaboratively to address each patient's unique condition. Many therapists hold certifications in specialized areas such as manual therapy, dry needling, and vestibular rehabilitation, ensuring a comprehensive approach to treatment.

Range of Services Offered

Impact Physical Therapy Lynnwood offers a broad spectrum of services designed to address musculoskeletal, neurological, and post-operative conditions. These services are customized based on thorough patient evaluations and ongoing progress assessments.

Orthopedic Physical Therapy

This service focuses on treating injuries and disorders affecting bones, joints, muscles, ligaments, and tendons. Common cases include sports injuries, arthritis, and post-surgical rehabilitation following joint replacements or ligament repairs.

Neurological Rehabilitation

Patients with neurological conditions such as stroke, multiple sclerosis, Parkinson's disease, or spinal cord injuries benefit from specialized therapy targeting motor control, balance, and coordination.

Sports Injury Rehabilitation

Impact Physical Therapy Lynnwood provides targeted programs to help athletes recover from acute and chronic sports-related injuries, aiming to restore performance and prevent future injuries.

Post-Surgical Rehabilitation

Customized recovery plans help patients regain strength, flexibility, and function after surgeries like rotator cuff repair, ACL reconstruction, or hip and knee replacements.

Balance and Vestibular Therapy

This service is designed to improve balance and reduce dizziness for individuals with vestibular disorders or those at risk of falls.

Manual Therapy and Pain Management

Skilled hands-on techniques are utilized to alleviate pain, improve joint mobility, and enhance tissue healing.

Techniques and Treatment Approaches

Impact Physical Therapy Lynnwood employs a variety of advanced therapeutic techniques aimed at promoting healing and functional recovery. These methods are evidence-based and tailored to each patient's specific condition and goals.

Therapeutic Exercise

Structured exercise programs are designed to improve strength, flexibility, endurance, and range of motion. Exercises are progressively adjusted to meet patient progress and functional requirements.

Manual Therapy

Manual therapy includes joint mobilizations, soft tissue mobilization, and myofascial release to reduce pain and restore normal movement patterns.

Dry Needling

This technique involves inserting fine needles into trigger points to relieve muscle tension and pain, often used in conjunction with other therapies.

Neuromuscular Reeducation

Therapies aimed at retraining muscle activation patterns to improve

coordination and balance, especially relevant in neurological rehabilitation.

Modalities

Additional treatment modalities such as ultrasound, electrical stimulation, and heat/cold therapy are used to enhance tissue healing and pain relief.

Benefits of Choosing Impact Physical Therapy Lynnwood

Patients who select Impact Physical Therapy Lynnwood experience numerous benefits derived from personalized care and expert clinical support.

- **Customized Treatment Plans:** Each therapy program is individualized to maximize recovery and functional improvement.
- **Experienced Clinicians:** Access to highly trained therapists with specialized certifications.
- **Comprehensive Care:** Integration of multiple therapeutic approaches ensures holistic management of conditions.
- **State-of-the-Art Facility:** Utilization of modern equipment and techniques to facilitate optimal outcomes.
- **Patient Education:** Emphasis on teaching patients self-management strategies to maintain gains post-therapy.
- **Convenient Location:** Easily accessible clinic in Lynnwood with flexible scheduling options.

Patient Experience and Success Stories

Impact Physical Therapy Lynnwood is known for delivering measurable improvements in patient health and wellbeing. Many patients report significant reductions in pain, enhanced mobility, and improved quality of life following their therapy.

Testimonials

Patient testimonials frequently highlight the professionalism, compassionate care, and effectiveness of the treatment received. Stories of successful

recovery from complex injuries and chronic conditions demonstrate the clinic's commitment to excellence.

Outcome Tracking

The clinic employs systematic outcome measurement tools to monitor patient progress and adjust treatment plans accordingly. This data-driven approach ensures transparency and accountability in patient care.

How to Get Started with Impact Physical Therapy Lynnwood

Beginning treatment at Impact Physical Therapy Lynnwood involves a straightforward intake process designed to assess individual needs and establish therapy goals.

Initial Evaluation

The first appointment typically includes a comprehensive assessment of medical history, physical examination, and functional testing to develop an accurate diagnosis and treatment plan.

Insurance and Payment Options

The clinic accepts a variety of insurance plans and offers assistance with billing to facilitate access to care without financial stress.

Scheduling and Accessibility

Flexible appointment scheduling accommodates busy lifestyles, with options for early morning and evening sessions. The location is accessible by public transportation and provides ample parking facilities.

Frequently Asked Questions

What services does Impact Physical Therapy Lynnwood offer?

Impact Physical Therapy Lynnwood offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and personalized exercise programs to help patients recover

and improve mobility.

How experienced are the therapists at Impact Physical Therapy Lynnwood?

The therapists at Impact Physical Therapy Lynnwood are highly experienced and licensed professionals who specialize in various areas of physical therapy, ensuring personalized and effective treatment plans for each patient.

Does Impact Physical Therapy Lynnwood accept insurance?

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

What are the operating hours of Impact Physical Therapy Lynnwood?

Impact Physical Therapy Lynnwood typically operates Monday through Friday with flexible appointment times. For exact hours, it is best to check their official website or contact their office directly.

Can Impact Physical Therapy Lynnwood help with sports injuries?

Absolutely, Impact Physical Therapy Lynnwood specializes in treating sports-related injuries by providing tailored rehabilitation programs designed to promote healing, restore function, and prevent future injuries.

How can I schedule an appointment at Impact Physical Therapy Lynnwood?

You can schedule an appointment at Impact Physical Therapy Lynnwood by calling their office directly or by filling out an appointment request form on their official website.

What makes Impact Physical Therapy Lynnwood different from other clinics?

Impact Physical Therapy Lynnwood is known for its patient-centered approach, experienced therapists, advanced treatment techniques, and commitment to personalized care, which together contribute to effective and efficient recovery outcomes.

Additional Resources

1. *Healing Hands: The Impact of Physical Therapy in Lynnwood*

This book explores the transformative role of physical therapy in the Lynnwood community. It highlights patient success stories and the innovative techniques used by local therapists. Readers gain insight into how personalized care plans help individuals recover from injuries and improve their quality of life.

2. *Rehabilitation Revolution: Physical Therapy Breakthroughs in Lynnwood*

Focusing on cutting-edge advancements, this book delves into new methods and technologies adopted by physical therapy clinics in Lynnwood. It covers topics such as manual therapy, exercise science, and pain management, showcasing how these breakthroughs accelerate recovery and enhance patient outcomes.

3. *Strength and Recovery: A Guide to Lynnwood's Impact Physical Therapy*

Designed for patients and practitioners alike, this guide provides practical advice on injury prevention, rehabilitation exercises, and maintaining long-term physical health. It emphasizes the importance of customized treatment plans and the supportive environment found at Impact Physical Therapy in Lynnwood.

4. *From Injury to Independence: Success Stories from Lynnwood Physical Therapy*

This inspiring collection of patient testimonials highlights the journeys of individuals who regained mobility and independence through dedicated therapy programs. The book underscores the compassionate care and expert guidance provided by therapists at Impact Physical Therapy.

5. *Movement Matters: Exploring Therapeutic Techniques in Lynnwood*

An educational resource detailing various physical therapy modalities used in Lynnwood clinics, including manual therapy, aquatic therapy, and neuromuscular re-education. The book explains how these techniques help restore function and reduce pain for diverse patient populations.

6. *The Science Behind Impact: Physical Therapy Innovations in Lynnwood*

This title offers an in-depth look at the research and clinical evidence supporting physical therapy practices in the Lynnwood area. It discusses how scientific discoveries translate into improved treatment protocols and better patient care.

7. *Active Living: Maintaining Wellness with Lynnwood Physical Therapy*

Focusing on preventive care, this book provides strategies for staying active and avoiding injuries through proper exercise and posture. It highlights programs at Impact Physical Therapy that promote lifelong wellness and physical fitness.

8. *Beyond Recovery: Enhancing Quality of Life through Lynnwood Physical Therapy*

Exploring the holistic benefits of physical therapy, this book addresses

mental health, pain management, and lifestyle adjustments. It illustrates how therapists in Lynnwood support patients beyond physical healing to achieve overall well-being.

9. *Step by Step: Navigating Your Physical Therapy Journey in Lynnwood*

A comprehensive guide for new patients outlining what to expect during their visits to Impact Physical Therapy. It covers evaluation procedures, treatment options, and tips for maximizing recovery, providing reassurance and clarity throughout the rehabilitation process.

Impact Physical Therapy Lynnwood

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impact physical therapy lynnwood: Therapeutic Massage in Athletics Patricia A. Archer, 2007
This textbook on sports massage was created specifically for massage therapists, certified athletic trainers, and physical therapists who work with athletes. The author is an experienced massage therapy and athletic training educator and practitioner, and provides instruction on how to apply clinical massage techniques to athletes. The text is uniquely focused on the use and integration of basic sports massage, myofascial, neuromuscular, and lymphatic facilitation to enhance an athlete's performance potential and treat common athletic injuries and conditions. The book includes numerous diagrams and pictures of techniques to help readers visualize specific concepts and procedures. From the Field Boxes contain quotes from professionals who practice sports massage. Case Studies present common athletic injury scenarios and descriptions of treatment protocols.

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impact physical therapy lynnwood: Who's Who in the South and Southwest Marquis Who's Who, Marquis Who's Who Staff, 1998-12 Provides current coverage of a broad range of individuals from across the South and Southwest Includes approximately 17,500 names from the region embracing Alabama, Arkansas, Florida, Georgia, Kentucky, Louisiana, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia, Puerto Rico, and the Virgin Islands. Because of its importance and its contiguity to the southwestern United States, Mexico is also covered in this volume.

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impact physical therapy lynnwood: 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.

impact physical therapy lynnwood: *Primary health care and community based rehabilitation* World Confederation for Physical Therapy, 2003 This paper aims to consider the implications for physical therapy arising from developments in primary health care, with a focus on community-based rehabilitation (CBR). It is intended as a learning resource and to facilitate further debate and development among the World Confederation for Physical Therapy's (WCPT) Member Organisations and the global community of physical therapists. Contents: Executive summary 1.0 The need for rehabilitation 1.1 Prevalence of disability 1.2 International policy 2.0 Disability in a cultural context 2.1 Society 2.2 The disability movement 2.3 Models of disability 2.4 Human rights 3.0 Definitions 3.1 Primary health care 3.2 Community based rehabilitation 3.3 Linking primary health care and CBR 4.0 Health services delivery 4.1 Introduction 4.2 Models of rehabilitation 4.3 Rehabilitation provision 4.4 Physical therapy provision 4.5 Assessing local needs and resource analysis 5.0 Community-based rehabilitation 5.1 Funding and accountability ...

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and greatly improves the communication between patient, physical therapist, and physician. Special Features: Covers all relevant medical information for physical therapists, including general traumatology (wound healing, surgical infections, soft tissue injuries, and fractures), special traumatology (cranial, spinal, thoracic, and abdominal injuries), and multiple trauma and first aid. Offers guidelines on the benefits, effects, and limitations of physical therapy across a wide range of injuries and conditions. Supplies 326 full-color illustrations that clarify every concept. Includes bulleted summaries at the end of each chapter, for an instant review of the material. Provides quiz questions and a glossary of medical terms at the end of each section. Shares the unique perspective of a practicing physician who also teaches physical therapy at a major international rehabilitation center. Providing a broad understanding of the pathologic basis of traumatic injuries and its effect on restoring function, this book is a key resource on formulating effective physical therapy strategies. Practicing physical therapists, occupational therapists, and physical therapy students will find it an invaluable learning and practice tool.

impact physical therapy lynnwood: 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.

impact physical therapy lynnwood: Physical Activity and Rehabilitation in Life-threatening Illness Amy Litterini, Christopher Wilson, 2021-05-04 This book is a comprehensive summary of the recommendations for best practice, and current evidence, for physical activity and rehabilitation of functional deficits in individuals with end-stage diseases. While advances in technology have afforded us the opportunity to live longer lives, it has also demanded an expansion of focus of medical interventions towards palliative care to enhance the quality of life. Exercise and healthcare professionals must strive to broaden their perspectives to provide for the unique needs of these individuals, and to successfully engage with them, to achieve the most positive outcomes throughout the entire continuum of care. Healthcare providers play a critical role in advocating for care to allow individuals to remain physically active for as long as possible, even in the face of declining health. Finally, due to the increasing and progressively emergent healthcare utilization required by these individuals, a significant cost burden is experienced by healthcare systems, patients, families, and payers. There is evidence of substantial protective effects of physical activity, prevention, safety, and

rehabilitative procedures to reduce hospital readmissions, reduce length of stay, and assist in avoiding unwarranted or unnecessary diagnostic tests or procedures. Physical activity has been proven to have a substantial impact and protective effects on virtually all medical conditions. During curative management, but especially during transitional phases to palliative care, other strategies need enhanced consideration to complement the existing plan of care and help to improve patient's quality of life. Ideally, physical medicine would be at the forefront of allowing individuals to live their best life until the very end. *Physical Activity and Rehabilitation in Life-threatening Illness* is key reading for academics and policy makers in physical activity, international exercise, wellness and rehabilitation, and related disciplines, as well as research-focused clinicians in settings where patients with advanced illness are frequently encountered.

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impact physical therapy lynnwood: Teaching and Learning in Physical Therapy Margaret Plack, Maryanne Driscoll, 2024-06-01 *Teaching and Learning in Physical Therapy: From Classroom to Clinic, Second Edition* is based on the teaching, research, and professional experiences of Drs. Margaret Plack and Maryanne Driscoll, who together have over 60 years of experience. More importantly it contains practical information that allows students, educators, and clinicians to develop optimal instructional strategies in a variety of settings. Clinical scenarios and reflective questions are interspersed throughout, providing opportunities for active learning, critical thinking, and immediate direct application. Grounded in current literature, the Second Edition is geared for physical therapists, physical therapist assistants, students, educators, and other health care professionals. By extending the principles of systematic effective instruction to facilitate critical thinking in the classroom and the clinic, and providing strategies to enhance communication and collaboration, the Second Edition has a strong theoretical basis in reflective practice, active learning strategies, and evidence-based instruction. Features: A user-friendly approach integrating theory and practical application throughout Classroom/clinical vignettes along with integrative problem solving activities and reflective questions to reinforce concepts Key points to remember and chapter summaries throughout Updated references and suggested readings at the end of each chapter Included with the text are online supplemental materials for faculty use in the classroom. In physical therapy, teaching and learning are lifelong processes. Whether you are a student, clinician, first time presenter, or experienced faculty member, you will find *Teaching and Learning in Physical Therapy: From Classroom to Clinic, Second Edition* useful for enhancing your skills both as a learner and as an educator in physical therapy.

impact physical therapy lynnwood: Implications of Psychologically Informed Physical Therapy on Patients with Chronic Pain and Psychosocial Factors Caroline Kennedy, Christian Morini, Genna Swanson, 2018 **ABSTRACT:** Background: Patients with chronic pain often present to physical therapy clinics with psychosocial factors including depression and fear-avoidance which impede their physical performance in daily life. Psychologically informed physical therapy (PIP) aims to address these psychosocial factors as they pertain to the physical impairments of the patient. The purpose of this review is to assess the effectiveness of PIP on patients with chronic pain and psychosocial risk factors. Method: A literature review was performed from September 2016 to April 2018 using the databases Pubmed, CINAHL, MEDLINE Complete, and PEDro. Inclusion criteria

consisted of an adult population, the English language, retrieved from a peer-reviewed journal, chronic pain lasting greater than 12 weeks, psychosocial risk factors, PIP intervention and functional outcome measures of quality of life (QOL) or pain. Exclusion criteria consisted of studies in which the interventions of PIP were administered by untrained physical therapists, or the treatment was applied from someone other than a physical therapist. Results: Final search strings yielded 48 articles for review; 6 articles were selected to aide in the clinical decision, with one case report not used as there was mismatch between case subject and the patient case inspiring this research effort. Therefore, 5 articles were used for final appraisal to help guide the clinical decision process. Discussion/Conclusion: Based on current literature, PIP is an effective approach to intervention for a patient with chronic pain and psychosocial factors as it has been shown to improve selfreported function, QOL and pain level. Techniques such as graded exposure, activity pacing, and cognitive restructuring are useful to use as therapeutic interventions in addressing the psychosocial components of chronic pain.

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