

# imotion physical therapy san jose

**imotion physical therapy san jose** is a premier provider of comprehensive physical therapy services designed to help patients recover from injuries, manage pain, and improve overall mobility. Located in the heart of San Jose, this facility offers personalized treatment plans tailored to individual needs, utilizing the latest therapeutic techniques and state-of-the-art equipment. With a team of licensed and experienced physical therapists, imotion physical therapy san jose focuses on enhancing patient outcomes through evidence-based practices and compassionate care. This article explores the services offered, the benefits of choosing imotion physical therapy in San Jose, and what patients can expect during their rehabilitation journey. Additionally, it highlights the clinic's commitment to community health and wellness through education and preventive care initiatives.

- About imotion Physical Therapy San Jose
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- Patient Experience and Treatment Process
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## About imotion Physical Therapy San Jose

imotion physical therapy san jose is a well-established clinic dedicated to providing high-quality rehabilitation services to individuals suffering from various musculoskeletal conditions. The center is staffed by licensed physical therapists who specialize in a wide range of treatment modalities designed to restore function, reduce pain, and promote healing. Situated conveniently in San Jose, the clinic serves patients from diverse backgrounds, including athletes, seniors, and those recovering from surgery or chronic conditions.

## Mission and Vision

The mission of imotion physical therapy san jose is to improve patients' quality of life through personalized, evidence-based physical therapy interventions. The clinic envisions becoming a leading rehabilitation facility in the San Jose area by continuously adopting innovative treatment technologies and maintaining a patient-centered approach.

## Professional Team

The team at imotion physical therapy san jose comprises highly trained physical therapists, rehabilitation specialists, and support staff. Each member is committed to ongoing professional development to stay current with advancements in physical therapy practices and to provide the best

possible care.

## **Services Offered at imotion Physical Therapy San Jose**

imotion physical therapy san jose offers a comprehensive range of services tailored to meet the unique needs of each patient. These services address acute injuries, chronic pain management, post-surgical rehabilitation, and preventive care to optimize health and mobility.

### **Orthopedic Physical Therapy**

This service focuses on conditions affecting the musculoskeletal system, including fractures, sprains, strains, and post-operative recovery. Therapists use manual therapy, therapeutic exercises, and modalities such as ultrasound and electrical stimulation to facilitate healing.

### **Sports Rehabilitation**

Designed for athletes and active individuals, sports rehabilitation at imotion physical therapy san jose aims to expedite recovery from sports-related injuries and enhance performance. Customized exercise programs and biomechanical assessments are integral components of this service.

### **Neurological Rehabilitation**

Patients with neurological conditions such as stroke, multiple sclerosis, or Parkinson's disease benefit from specialized rehabilitation programs that focus on improving motor skills, balance, and coordination.

### **Pain Management**

The clinic offers targeted interventions to manage chronic pain conditions, including back pain, arthritis, and fibromyalgia. Treatment plans may incorporate manual therapy, therapeutic exercises, and patient education on pain coping strategies.

### **Pediatric Physical Therapy**

imotion physical therapy san jose provides pediatric services aimed at promoting developmental milestones and addressing congenital or acquired conditions affecting children's mobility and function.

## **Benefits of Choosing imotion Physical Therapy San Jose**

Choosing imotion physical therapy san jose offers numerous advantages for individuals seeking

effective rehabilitation and improved physical function. The clinic's approach emphasizes personalized care, advanced treatment techniques, and patient education.

## **Personalized Treatment Plans**

Each patient receives a customized therapy plan based on a thorough assessment of their specific condition, goals, and lifestyle. This individualized approach ensures targeted interventions that optimize recovery and minimize downtime.

## **Advanced Therapeutic Techniques**

Imotion physical therapy san jose incorporates cutting-edge modalities such as dry needling, kinesiology taping, and functional movement assessments to enhance treatment outcomes and patient satisfaction.

## **Convenient Location and Flexible Scheduling**

Located centrally in San Jose, the clinic offers flexible appointment scheduling to accommodate busy lifestyles, making it easier for patients to commit to their rehabilitation programs.

## **Comprehensive Patient Education**

Beyond hands-on treatment, the clinic emphasizes educating patients about injury prevention, home exercises, and lifestyle modifications to promote long-term health and wellness.

## **Patient Experience and Treatment Process**

The patient journey at Imotion physical therapy san jose is designed to be seamless, supportive, and effective. From the initial consultation through to discharge, every step is carefully managed to ensure optimal care.

### **Initial Evaluation**

The process begins with a detailed evaluation, including medical history review, physical examination, and functional assessments. This comprehensive assessment helps identify the root cause of the problem and informs the development of a tailored treatment plan.

### **Therapy Sessions**

Therapy sessions typically combine manual therapy techniques with guided exercises and the use of therapeutic equipment. The frequency and duration of sessions depend on the patient's condition and progress.

## **Progress Monitoring**

Imotion physical therapy san jose utilizes regular progress evaluations to adjust treatment plans as needed, ensuring that therapy remains aligned with patient goals and physical improvements.

## **Home Exercise Programs**

Patients receive customized home exercise routines to complement in-clinic therapy, encouraging active participation in their recovery and enhancing long-term outcomes.

## **Community Engagement and Wellness Programs**

Imotion physical therapy san jose is committed to promoting health and wellness beyond clinical treatment through various community engagement initiatives. These programs aim to educate and empower the San Jose community to lead healthier, more active lives.

## **Workshops and Seminars**

The clinic regularly hosts workshops focused on injury prevention, ergonomic best practices, and chronic pain management strategies. These events provide valuable knowledge to community members and help raise awareness about physical health.

## **Corporate Wellness Programs**

Imotion physical therapy san jose collaborates with local businesses to implement workplace wellness programs, including ergonomic assessments and injury prevention training designed to reduce work-related musculoskeletal disorders.

## **Community Outreach**

Through partnerships with local organizations, the clinic participates in health fairs, free screening events, and fitness challenges to encourage active lifestyles and early intervention for musculoskeletal issues.

## **Patient Support Groups**

The clinic facilitates support groups for individuals dealing with chronic conditions or post-surgical recovery, providing a platform for sharing experiences and fostering motivation throughout the rehabilitation process.

- Personalized care with a focus on patient goals

- Use of innovative therapies and modern equipment
- Convenient access and flexible appointment options
- Comprehensive education for long-term wellness
- Strong commitment to community health initiatives

## **Frequently Asked Questions**

### **What services does iMotion Physical Therapy San Jose offer?**

iMotion Physical Therapy San Jose offers services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and customized exercise programs.

### **Where is iMotion Physical Therapy located in San Jose?**

iMotion Physical Therapy is located in San Jose, California. For the exact address, it is best to visit their official website or contact them directly.

### **Does iMotion Physical Therapy San Jose accept insurance?**

Yes, iMotion Physical Therapy San Jose accepts a variety of insurance plans. It is recommended to verify with their office to confirm if your specific insurance is accepted.

### **How can I book an appointment at iMotion Physical Therapy San Jose?**

You can book an appointment at iMotion Physical Therapy San Jose by calling their clinic directly or using their online booking system if available on their website.

### **What makes iMotion Physical Therapy San Jose different from other clinics?**

iMotion Physical Therapy San Jose is known for its personalized treatment plans, experienced therapists, and a focus on holistic recovery and patient education.

### **Are there specialized programs for athletes at iMotion Physical Therapy San Jose?**

Yes, iMotion Physical Therapy San Jose offers specialized rehabilitation programs tailored for athletes to help them recover quickly and safely.

## **What are the operating hours of iMotion Physical Therapy San Jose?**

Operating hours can vary, but typically iMotion Physical Therapy San Jose is open Monday through Friday during business hours. It is best to check their website or contact them for exact hours.

## **Does iMotion Physical Therapy San Jose offer telehealth or virtual therapy sessions?**

Depending on current policies and patient needs, iMotion Physical Therapy San Jose may offer telehealth or virtual therapy options. Contact the clinic for the most up-to-date information.

## **What types of conditions can iMotion Physical Therapy San Jose treat?**

iMotion Physical Therapy San Jose treats a wide range of conditions including musculoskeletal injuries, chronic pain, post-operative recovery, neurological conditions, and sports-related injuries.

## **Additional Resources**

### *1. Rehabilitation Excellence at iMotion Physical Therapy San Jose*

This book explores the innovative techniques and personalized care approaches used at iMotion Physical Therapy in San Jose. It delves into patient success stories, highlighting how tailored rehabilitation plans can accelerate recovery. Readers gain insight into the clinic's commitment to combining advanced technology with compassionate care.

### *2. The Science of Movement: Insights from iMotion Physical Therapy San Jose*

Focusing on the biomechanics and therapeutic strategies employed at iMotion Physical Therapy, this book provides a detailed look at how movement science aids in effective treatment. It explains common physical therapy modalities and how they are adapted to meet individual patient needs. Ideal for both practitioners and patients interested in the mechanics of healing.

### *3. Healing Hands: The iMotion Physical Therapy Approach in San Jose*

This title highlights the skilled professionals behind iMotion Physical Therapy, sharing their philosophies and patient-centered techniques. It discusses the importance of manual therapy and hands-on care in restoring mobility. The book also includes tips for maintaining long-term physical health post-therapy.

### *4. Sports Injury Recovery with iMotion Physical Therapy San Jose*

Specializing in athletic rehabilitation, this book outlines how iMotion Physical Therapy helps athletes recover from injuries and return to peak performance. It covers preventive exercises, injury assessment, and customized rehab protocols. Readers will find valuable advice on managing common sports-related injuries.

### *5. Advanced Physical Therapy Solutions at iMotion San Jose*

Highlighting cutting-edge technologies and treatments available at iMotion Physical Therapy, this book discusses innovations such as robotic-assisted therapy and digital motion analysis. It also explores how these advancements improve patient outcomes and therapy efficiency. A must-read for

those interested in the future of physical therapy.

#### *6. Personalized Care Plans: The iMotion Physical Therapy San Jose Model*

This book emphasizes the importance of individualized treatment plans in achieving successful rehabilitation. It showcases case studies from iMotion Physical Therapy where customized approaches led to remarkable patient improvements. The book encourages a collaborative patient-therapist relationship for optimal healing.

#### *7. From Pain to Performance: Success Stories from iMotion Physical Therapy San Jose*

Featuring inspiring testimonials, this book captures the journeys of patients overcoming chronic pain and mobility challenges through iMotion Physical Therapy. It illustrates how consistent therapy and patient dedication lead to transformative results. The narratives motivate readers to take proactive steps toward their own recovery.

#### *8. The Role of Physical Therapy in Post-Surgical Recovery at iMotion San Jose*

Focusing on post-operative care, this book explains how iMotion Physical Therapy supports patients recovering from surgeries such as joint replacements and ligament repairs. It details the stages of rehabilitation and the critical role of therapy in regaining strength and function. The book is a valuable resource for surgical patients and caregivers.

#### *9. Wellness and Prevention: Tips from iMotion Physical Therapy San Jose*

Beyond rehabilitation, this book offers guidance on maintaining physical wellness and preventing injuries through lifestyle changes and regular exercise. It includes expert advice from iMotion therapists on ergonomics, stretching routines, and healthy habits. The book aims to empower readers to sustain long-term physical health.

## **Imotion Physical Therapy San Jose**

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**imotion physical therapy san jose:** Physical Therapy Toolkit , 2018-03 Fully revised and expanded in 2018. The Physical Therapy Toolkit 3rd edition is a collection of 245 full-page illustrated patient handouts. The handouts are organized by 77 treatment guides and are based on current research and best practice. This practical resource is the BEST resource for every therapist working with physical disabilities, chronic conditions or geriatrics.

**imotion physical therapy san jose:** 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 san jose: *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

**motion physical therapy san jose: *Physical Therapies in Sport and Exercise*** Gregory Kolt, Lynn Snyder-Mackler, 2007-08-22 Physical Therapies in Sport and Exercise provides a truly comprehensive source of the latest evidence-based approaches to the assessment, management, rehabilitation and prevention of injuries related to sport and exercise. Written by an international, multidisciplinary team of contributors, all of whom are leaders in their fields, it has been expertly compiled and edited by two experienced and well-respected practitioners from Australia/New Zealand and the USA. Fully referenced and research based International team of experts are contributors Applied/practical approach Changes in this second edition (from the first edition) include: A new chapter on Cartilage. A new chapter on Prevention of Injury. A new chapter on Rehabilitation of lower limb muscle and tendon injuries. Additional authors (total = over 60 chapter contributors compared with 48 in first edition). Authors are world leading experts in their fields. Authors from 10 countries (8 in the first edition)

**motion physical therapy san jose: *Orthopaedic Manual Physical Therapy*** Christopher H. Wise, 2015-04-10 Take an eclectic, evidence-based approach to orthopaedic manual therapy. From theory through practical application of soft tissue and joint mobilization techniques—this comprehensive resource delivers the depth and breadth of coverage you need to optimize patient outcomes through informed clinical decision-making as part of a comprehensive intervention regimen.

**motion physical therapy san jose: *Outline of Physical Therapy*** Massachusetts Medical Society. Committee on Physical Therapy, 1940

**motion physical therapy san jose: *Clinical Exercise Pathophysiology for Physical Therapy*** Debra Coglianese, 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 san jose:** *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 san jose:** *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.

**motion physical therapy san jose:** *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 san jose:** *Quick Reference to Physical Therapy* Julie A. Pauls, Kathlyn L. Reed, 2004 Provides a synopsis of the diseases, disorders and dysfunctions referenced in the physical therapy literature. The format used gives all therapists, whether, they are students,

clinicians, educators, or researchers, quick access to the information needed to assess, educate, and treat clients.

**motion physical therapy san jose: *Movement Science*** Roberta B. Shepherd, 1987

**motion physical therapy san jose: *The American Physical Therapy Association Book of Body Repair & Maintenance*** Marilyn Moffat, Steve Vickery, 1999-04-15 The new standard in fitness books, featuring hundreds of at-home stretches and exercises. At last, the first complete, fully illustrated compendium of stretching and exercises for every part of the body, backed by the experience and medical and scientific authority of the American Physical Therapy Association. Each exercise in the book has been prepared and reviewed by a special editorial board, chaired by Dr. Marilyn Moffat, president emeritus of the APTA, and widely considered to be the preeminent expert in the field. Broken down into three major sections, *The American Physical Therapy Association Book of Body Repair and Maintenance* first offers illustrated descriptions of the structure and mechanics of each major body part, explaining what can go wrong and how to properly care for that area. A middle section provides general information on posture, body mechanics, weight control, aerobic conditioning, and maintenance programs. Each chapter references the main part of the book, the catalog of exercises.

**motion physical therapy san jose: *Introduction to Physical Therapy*** Michael A. Pagliarulo, 2020-12 Start your physical therapy career path on the right foot with *Introduction to Physical Therapy*, 6th Edition. This comprehensive text offers an insightful and thorough overview of both the profession and the practice of physical therapy, including the latest topics and trends surrounding the industry. The first section walks through the key aspects of a career in physical therapy -including the roles of the physical therapist and physical therapist assistant, practice settings, the APTA, laws, policies, and regulations. The second section then goes on to cover the practice of physical therapy - detailing the functions, disorders, and therapies of the major organ systems. This sixth edition also features a new chapter on prevention, health promotion, and wellness in physical therapy practice; as well as updated content, references, and coverage of new trends in health care. Paired with an abundance of learning aides like learning objectives, chapter outlines, review questions, and more; this highly visual text offers the complete foundation needed to successfully grow professional knowledge and skills. Overview of the profession combined with clinical information?gives readers a solid foundation in the practice of physical therapy. Chapter on reimbursement covers the fiscal aspects of health care and how reimbursement affects the profession. Chapter on communication and cultural competence?describes how cultural differences influence patient interaction and helps the PTA and PT understand behavior due to cultural differences. Numerous learning aides?include chapter outlines, key terms, learning objectives, questions to ask, boxes, tables, summaries and up to date references, suggested readings and review questions. NEW! New chapter on prevention, health promotion, and wellness in physical therapist practice reflects the growing importance in the physical therapy profession. NEW! Revised content and updated references throughout the text ensures content is the most current and applicable for today's PT and PTA professionals. NEW! The latest information on current trends in health care and the profession of physical therapy?keeps readers current on the latest issues.

**motion physical therapy san jose: *Physical Therapy Protocols*** Janet Bezner, Helen Rogers, 1991

**motion physical therapy san jose: *Pediatric Physical Therapy Strengthening Exercises of the Hips*** Amy Sturkey, Amy Sturkey Pt, 2020-04-18 *Pediatric Physical Therapy Strengthening Exercises for the Hips* My 30+ years of experience in pediatric physical therapy practice is yours! This book features stop-action photos and how-to tips to strengthen children's hips. With exercise suggestions for hip flexion, extension, abduction, adduction, internal and external rotation, this book is a lifesaver for PTs, physical therapy assistants, instructors, caregivers, and parents. The hips are simply the first body part that we have targeted in a book, with at least three more target areas upcoming in the future. This book is perfect for telehealth. New physical therapists will love ideas to assist in treatment session preparation, planning, and programming. More experienced physical

therapists will have at their fingertips a wide range of treatment suggestions for the hips to add more variety in their treatment sessions. Features: 237 hip strengthening exercises with a wide range of difficulties? Commentary by a Pediatric Physical Therapist with over 30 years' experience? Stop action photos demonstrating the activity performed with a child? With device screenshots, you are free to use these exercises in a home program with families or for use with physical therapy assistants? Perfect for training physical therapy students or clinicians new to Pediatrics Educators will finally have a tool with detailed pictures and commentary to give their students a foundation for pediatric treatment. In the past, so much has been available for evaluation, but frustratingly little for treatment! A pediatric physical therapist developed this book. Nothing can replace the skills of a pediatric physical therapist who can train caregivers and parents to perform these exercises safely and appropriately with a child with his or her specific strengths, weaknesses, and motivation. This book was written to assist therapists, not negate the need for them. Find out more about our book at [www.pediatricPTexercises.com](http://www.pediatricPTexercises.com). Join our community on Facebook at <https://www.facebook.com/pages/Pediatric-Physical-Therapy-Exercises/347094492096053> or Twitter @amysturkey. Or join us on Instagram at PediatricPTExercises. We are on Pinterest at [amysturkey/pediatric-physical-therapy](https://www.pinterest.com/amysturkey/pediatric-physical-therapy). Have glowing praise, recommendations for changes, or general feedback, contact me at [amysturkey@gmail.com](mailto:amysturkey@gmail.com).

**motion physical therapy san jose: Physical Therapy for Children** Suzann K. Campbell, Robert J. Palisano, Margo N. Orlin, 2012 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 10 additional video clips help you deepen your understanding of more disorders and their management. UNIQUE! The latest research is incorporated throughout the text with evidence-based boxes that make it easy to find evidence supporting case management. UNIQUE! The Evolve website now includes references linked to Medline abstracts for easy access to research cited in the text. Patient and client cases are accompanied by an Evidence to Practice box in the text that clarifies the evidence and provides related references to help you better understand many of the decisions made in each case. UNIQUE! Special topics such as gait, genomics, and assistive

technology are covered in chapters on the Evolve website, making it easy to search related links and additional information. Summary boxes at the end of each chapter help you focus your review of key points. More case studies expand the number of clinical scenarios to help you understand how concepts apply to practice. More cardiopulmonary coverage helps you consider important factors, including evaluation information and typical values across the lifespan for blood pressure, heart rate, and respiratory rate. More coverage of fetal development explains how and why various disorders occur.

**imotion physical therapy san jose: Handbook of Physical Therapy** American Medical Association. Council on Physical Therapy, 1932

**imotion physical therapy san jose: Sammy's Physical Therapy Adventure (Chinese Version)** Dr Michael L Fink, 2018-09-26 Join Sammy the bear and Buddy the raccoon as they discover the exciting world of physical therapy! When Sammy hurts his foot and is told he will need to see a physical therapist, he gets nervous. What is a physical therapist? What kinds of things will he do in physical therapy? Will it hurt? Sammy, Buddy, and their friends ask these questions and many more as they go on a field trip to find out what physical therapy is all about. This book, along with Sammy's Physical Therapy Adventure: Coloring & Activity Book, strives to prepare children and their families for a positive physical therapy experience by easing common fears and educating them on the rehabilitation process.

**imotion physical therapy san jose: Guidelines for the Provision of Physical Therapy in the Home**, 1996

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