

sutter physical therapy roseville

sutter physical therapy roseville is a leading provider of rehabilitation services in the Roseville area, dedicated to helping patients recover from injuries, manage chronic conditions, and improve their overall physical health. With a team of highly trained therapists and state-of-the-art facilities, Sutter Physical Therapy Roseville offers personalized treatment plans tailored to each individual's needs. This article explores the various services provided, the benefits of choosing this clinic, and what patients can expect during their therapy journey. Additionally, it covers the expertise of the staff, the advanced techniques used, and how the clinic supports long-term wellness. Whether recovering from surgery or managing pain, understanding the comprehensive approach of Sutter Physical Therapy Roseville can help residents make informed decisions about their healthcare. Below is a detailed overview of the clinic's offerings and advantages.

- Overview of Sutter Physical Therapy Roseville
- Services Offered
- Benefits of Choosing Sutter Physical Therapy Roseville
- Experienced and Skilled Therapists
- Advanced Treatment Techniques
- Patient Experience and Care Approach
- Insurance and Accessibility

Overview of Sutter Physical Therapy Roseville

Sutter Physical Therapy Roseville is part of the larger Sutter Health network, known for its commitment to quality healthcare services throughout Northern California. The Roseville clinic specializes in outpatient physical therapy aimed at restoring mobility, reducing pain, and enhancing physical function. It serves a diverse patient population including athletes, elderly individuals, and those recovering from surgeries or injuries. The center emphasizes evidence-based practice, ensuring that all treatments are grounded in the latest clinical research and standards. By focusing on individualized care plans, Sutter Physical Therapy Roseville addresses the unique rehabilitation needs of each patient.

Services Offered

The range of services at Sutter Physical Therapy Roseville is comprehensive, covering multiple aspects of physical rehabilitation and wellness. These services are designed to cater to various conditions and recovery goals, ensuring holistic care.

Orthopedic Rehabilitation

Orthopedic rehabilitation at Sutter Physical Therapy Roseville focuses on recovery from musculoskeletal injuries such as fractures, sprains, and post-surgical rehabilitation. The program includes exercises to restore strength, flexibility, and joint function, aiming to return patients to their daily activities safely and efficiently.

Neurological Therapy

This specialized service helps patients affected by neurological disorders like stroke, multiple sclerosis, or Parkinson's disease. Therapists use targeted techniques to improve motor control, balance, coordination, and overall quality of life.

Sports Injury Treatment

For athletes and active individuals, Sutter Physical Therapy Roseville provides tailored treatment plans to address sports-related injuries. The focus is on pain reduction, rehabilitation, and prevention of future injuries through sport-specific conditioning and education.

Post-Surgical Rehabilitation

Patients recovering from surgeries such as joint replacements or ligament repairs benefit from structured rehabilitation programs. These are designed to promote healing, reduce complications, and optimize functional outcomes.

Chronic Pain Management

Chronic pain conditions, including arthritis and back pain, are managed through a combination of manual therapy, exercise, and patient education aimed at improving mobility and reducing discomfort over time.

Benefits of Choosing Sutter Physical Therapy Roseville

Selecting Sutter Physical Therapy Roseville for rehabilitation offers numerous advantages that enhance patient recovery and satisfaction. The clinic's strong reputation is built on quality care and successful outcomes.

- **Personalized Treatment Plans:** Therapists develop individualized programs based on comprehensive assessments.
- **State-of-the-Art Facilities:** Access to modern equipment and therapeutic technologies supports effective rehabilitation.
- **Multidisciplinary Approach:** Collaboration among healthcare providers ensures holistic patient care.
- **Convenient Location:** Easily accessible in Roseville with flexible scheduling options.
- **Insurance Compatibility:** Acceptance of various insurance plans simplifies the payment process.

Experienced and Skilled Therapists

The clinical team at Sutter Physical Therapy Roseville comprises licensed physical therapists with extensive experience in various specialties. Continuous professional development ensures that therapists stay current with advances in rehabilitation science. Their expertise allows them to assess complex cases accurately and implement effective treatment strategies. The therapists prioritize patient education, empowering individuals to participate actively in their recovery process.

Advanced Treatment Techniques

Sutter Physical Therapy Roseville employs a variety of advanced therapeutic techniques to maximize recovery outcomes. These methods are evidence-based and tailored to the patient's specific condition and goals.

Manual Therapy

Manual therapy includes hands-on techniques such as joint mobilization and soft tissue manipulation to reduce pain and improve mobility.

Therapeutic Exercise

Structured exercise programs focus on strength, flexibility, balance, and endurance to restore function and prevent future injuries.

Neuromuscular Re-education

This technique retrains the nervous system to improve coordination and movement patterns, particularly beneficial for neurological rehabilitation.

Modalities

The use of therapeutic modalities such as ultrasound, electrical stimulation, and heat/cold therapy complements manual and exercise treatments by enhancing tissue healing and pain relief.

Patient Experience and Care Approach

Patient-centered care is a cornerstone of Sutter Physical Therapy Roseville. From the initial evaluation through the completion of therapy, patients receive supportive communication and tailored guidance. The clinic fosters a welcoming environment that encourages active participation and adherence to treatment plans. Education on injury prevention and healthy lifestyle choices is integrated into therapy sessions to promote long-term wellness.

Insurance and Accessibility

Sutter Physical Therapy Roseville accepts a broad range of insurance plans, making physical therapy services accessible to a wide patient base. The administrative staff assists patients with insurance verification and claims processing to minimize out-of-pocket expenses. Additionally, the clinic offers convenient appointment scheduling and ample parking facilities to accommodate patient needs effectively.

Frequently Asked Questions

What services does Sutter Physical Therapy Roseville offer?

Sutter Physical Therapy Roseville offers a range of services including orthopedic rehabilitation, sports injury therapy, post-surgical rehabilitation, balance training, and pain management.

How can I book an appointment at Sutter Physical Therapy Roseville?

You can book an appointment at Sutter Physical Therapy Roseville by visiting their official website, calling their office directly, or using the Sutter Health patient portal if you are an existing patient.

Does Sutter Physical Therapy Roseville accept insurance?

Yes, Sutter Physical Therapy Roseville accepts most major insurance plans. It is recommended to contact their billing department or check with your insurance provider to confirm coverage.

What are the operating hours for Sutter Physical Therapy Roseville?

Sutter Physical Therapy Roseville typically operates Monday through Friday from 8:00 AM to 5:00 PM. Hours may vary, so it is best to call ahead or check their website for the most current information.

Are there any patient reviews available for Sutter Physical Therapy Roseville?

Yes, patients have generally given positive reviews for Sutter Physical Therapy Roseville, highlighting knowledgeable staff, personalized care, and effective treatment plans. Reviews can be found on Google, Yelp, and healthcare review websites.

Additional Resources

1. Rehabilitation Excellence: The Sutter Physical Therapy Approach in Roseville

This book explores the comprehensive rehabilitation techniques practiced at Sutter Physical Therapy in Roseville. It covers patient-centered care strategies, innovative therapies, and success stories from the clinic. Readers will gain insight into how tailored physical therapy programs aid recovery and improve quality of life.

2. Healing Movements: Physical Therapy Innovations at Sutter Roseville

Delve into the latest advancements in physical therapy as implemented by Sutter Roseville. The book highlights cutting-edge treatment modalities, including manual therapy and exercise science. It also emphasizes the importance of holistic care in promoting long-term wellness.

3. Patient Recovery Journeys: Stories from Sutter Physical Therapy Roseville

This collection of patient testimonials showcases real-life experiences at

Sutter Physical Therapy in Roseville. Each story illustrates challenges overcome through dedicated therapy and compassionate care. The book serves as both inspiration and education for patients and practitioners alike.

4. Sports Injury Rehabilitation at Sutter Roseville: Techniques and Protocols
Focused on athletes and active individuals, this book outlines specialized rehabilitation protocols used at Sutter Physical Therapy Roseville. It covers injury prevention, treatment plans, and performance optimization. The content is ideal for therapists, trainers, and sports enthusiasts seeking effective recovery methods.

5. Understanding Physical Therapy Services at Sutter Roseville
A comprehensive guide to the range of physical therapy services offered by Sutter Roseville. Topics include orthopedic therapy, neurological rehabilitation, and post-surgical recovery. The book aims to educate patients on what to expect during their therapy journey.

6. The Role of Physical Therapy in Chronic Pain Management: Insights from Sutter Roseville

This book investigates how Sutter Physical Therapy in Roseville addresses chronic pain through individualized treatment plans. It discusses pain science, therapeutic exercises, and patient education. Readers will learn about non-pharmacological approaches to managing persistent pain.

7. Advanced Manual Therapy Techniques at Sutter Physical Therapy Roseville
Highlighting the manual therapy methods utilized by Sutter therapists, this book details hands-on techniques that aid in mobility restoration and pain relief. It includes case studies and step-by-step guides for practitioners interested in enhancing their skills.

8. Physical Therapy for Seniors: Programs and Benefits at Sutter Roseville
Dedicated to elderly care, this book presents specialized physical therapy programs designed to improve balance, strength, and independence in seniors. It outlines how Sutter Roseville addresses age-related mobility challenges with personalized interventions.

9. Integrative Approaches to Physical Therapy: Sutter Roseville's Multidisciplinary Model

This title explores how Sutter Physical Therapy in Roseville collaborates with other healthcare disciplines to offer integrative treatment plans. The book emphasizes teamwork among physical therapists, physicians, and other specialists to maximize patient outcomes.

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sutter physical therapy roseville: The National Directory of Integrated Healthcare Delivery Systems , 1997

sutter physical therapy roseville: Hand and Upper Extremity Rehabilitation Susan L. Burke, 2006 With a convenient outline format, this reference is ideal for use at the point of care. It covers common medical conditions of the hand, discussing both surgical and nonsurgical therapy options. Rehabilitation for both types of treatment is reviewed, and potential postoperative complications are addressed. Reflecting the collaborative nature of current practice, each chapter is written by a hand therapist with surgical content provided by a hand surgeon.--BOOK JACKET.

sutter physical therapy roseville: The National Job Bank , 2001

sutter physical therapy roseville: The Fighter Linna Baraki, 2016-06-25 My sister Arian was a fighter who, since the age of twenty eight, battled cancer for nearly nineteen years, always with a smile on her face, a hope to survive, and a desire to live. She never asked, Why me? She never complained about any pain and never gave up on life. She looked at cancer as an opportunity to make the best out of the rest of her life, which she lived outside her comfort zone to achieve her dreams. She never let cancer control her life and lived by I have cancer, cancer doesnt have me. She was among the 3% survivors who survived metastatic cancer for over ten years. Her therapist was her strong faith and she immersed herself in God. She wiped her tears of fears with prayers. She never lost her will. She was blessed with the energy and spirit to provide comfort those cancer patients in times of spiritual distress and anxiety the last years of her life. As a matter of fact her phone number was pinned on the board of the cancer center for those patient who needed words of comfort and needed to talk. Arian was a business woman who succeeded in her career after being diagnosed with cancer. Life was about giving and she gave without expecting to even those who were never there for her, she never complained nor expected anything in return. She made sure to put a smile on someones face with a simple compliment every day. Arians biggest concern was to be able to help families and friends and putting their needs first where at times when she needed to be treated fairly, instead she was misunderstood and labelled as a shrewd business woman.

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sutter physical therapy roseville: The JobBank Guide to Health Care Companies Steven Graber, 1998 This guide to one of the nation's fastest growing industries gives jobseekers complete and up-to-date information on over 2,500 health care employers in all 50 states and the District of Columbia. Detailed company profiles include address, phone number, contact names, positions commonly filled, internship information, and more.

sutter physical therapy roseville: Terror Highway 193 Susan Freire-Korn, 2012-08-07 Susan and her husband, Jean-Pierre, leave their house on a foggy Friday afternoon to see a movie. Just before theyre about to turn back, a car hits their vehicle head on. Rescuers put their own lives in danger to rescue the couple, but escaping the fog is just the first step in their battle. In this inspirational guidebook, Susan seeks to help other disabled people by recalling the ordeal she went through with her husbandbeginning with the accident that changed their lives and following them through their recovery and beyond. Youll learn tips to participate in and speed up the healing process; guidance on working with physicians, surgeons, and physical therapists; and information on what to expect from rehabilitation facilities and home care services. This guidebook is not just for people with disabilities and trauma victims; its also a resource guide for their loved ones and care providers. Life may never be exactly the same, but with the right attitude, you or someone you care for can define a new normal. It starts with rediscovering hope and overcoming the emotional and

physical turmoil that come with being suddenly disabled.

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sutter physical therapy roseville: *Tratamiento integral del ictus* James C. Grotta, Gregory W Albers, Joseph P Broderick, Arthur L. Day, Scott E Kasner, Eng H. Lo, Ralph L Sacco, Lawrence KS Wong, 2023-01-13 Obra derivada de la referencia internacional en ictus que recoge en un único volumen todas las actualizaciones y novedades que hacen referencia al tratamiento de esta patología. Debido al enfoque transversal en el abordaje de esta patología, esta obra derivada se dirige fundamentalmente a todos aquellos profesionales involucrados en su abordaje pero poniendo el énfasis en la parte del tratamiento. - Título derivado del libro de referencia internacional sobre el abordaje integral del ictus, Grotta, que recoge todos los temas relacionados con el tratamiento clínico de esta patología excluyendo así toda la parte vinculada al tratamiento quirúrgico. - Esta obra incluiría los diferentes enfoques terapéuticos de esta patología recogiendo en su índice un total de 12 capítulos. - Considerando que el abordaje del ictus tiene un enfoque totalmente transversal, el objetivo que se persigue con este derivado es que cualquier profesional NO neurólogo tenga a su disposición el contenido esencial para la asistencia de un paciente que ha sufrido un accidente cerebrovascular. - Este derivado, al igual que la obra de referencia, está escrito por los mayores expertos de mundo en la materia e incorpora los resultados de las investigaciones más recientes realizadas en cuanto al manejo de la patología. - Igualmente, la parte de terapia farmacológica está completamente actualizada incluyendo los últimos hallazgos acaecidos en esta área.

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