

select physical therapy matthews

select physical therapy matthews is a premier choice for individuals seeking expert rehabilitation services in the Matthews area. This article offers a comprehensive overview of what makes Select Physical Therapy an outstanding provider, covering their specialized treatment options, experienced staff, patient-centered approach, and the benefits of early intervention. Understanding the key factors behind their success helps patients make informed decisions about their physical therapy needs. Additionally, the article highlights the clinic's state-of-the-art facilities and the wide spectrum of conditions they manage. For those searching specifically for select physical therapy matthews, this guide serves as an essential resource to explore available services and how they can improve mobility and quality of life. The following sections will provide detailed insights into the services, team expertise, patient experience, and frequently asked questions related to Select Physical Therapy in Matthews.

- Overview of Select Physical Therapy Matthews
- Services Offered
- Expertise and Qualifications of the Team
- Patient-Centered Approach
- Benefits of Choosing Select Physical Therapy
- Frequently Asked Questions

Overview of Select Physical Therapy Matthews

Select Physical Therapy Matthews is a trusted rehabilitation provider known for delivering high-quality physical therapy services tailored to individual needs. Located conveniently in Matthews, North Carolina, the clinic serves patients recovering from injuries, surgeries, and chronic conditions. Their mission centers on restoring function, reducing pain, and enhancing overall well-being through evidence-based practices. The facility is equipped with modern technology and offers a welcoming environment to support patient recovery. With a focus on personalized care, select physical therapy matthews ensures each treatment plan aligns with the patient's specific goals and health status.

Services Offered

Select Physical Therapy Matthews provides a broad range of therapeutic services designed to address various musculoskeletal, neurological, and orthopedic conditions. Their comprehensive approach includes both traditional and innovative treatment modalities to optimize recovery outcomes.

Orthopedic Rehabilitation

Orthopedic rehabilitation is a core service at select physical therapy matthews. It caters to patients recovering from joint replacements, fractures, tendon injuries, and ligament repairs. The therapists utilize manual therapy, strengthening exercises, and functional training to restore mobility and strength.

Sports Injury Therapy

Specialized sports injury therapy focuses on treating athletes and active individuals who have sustained injuries during physical activities. This service aims to accelerate healing and safely return patients to their sport or fitness routines through targeted interventions.

Neurological Rehabilitation

Neurological rehabilitation is offered to patients dealing with conditions such as stroke, multiple sclerosis, and Parkinson's disease. The program includes balance training, coordination exercises, and neuromuscular reeducation to improve motor function.

Post-Surgical Rehabilitation

Post-surgical rehabilitation helps patients regain strength and functionality following surgical procedures. Therapists develop customized protocols to address pain management, scar tissue mobilization, and gradual return to activity.

Pain Management and Wellness Programs

Select Physical Therapy in Matthews also provides pain management services using techniques such as therapeutic ultrasound, electrical stimulation, and patient education on posture and ergonomics. Wellness programs focus on injury prevention and long-term health maintenance.

- Orthopedic Rehabilitation
- Sports Injury Therapy
- Neurological Rehabilitation
- Post-Surgical Rehabilitation
- Pain Management and Wellness Programs

Expertise and Qualifications of the Team

The success of select physical therapy matthews is rooted in the expertise and dedication of its clinical team. The therapists are licensed professionals with advanced training and certifications in various physical therapy specialties. They stay updated on the latest research and techniques to ensure the highest standard of care.

Licensed Physical Therapists

All therapists at the clinic hold current licenses and have extensive experience in treating complex cases. Many have additional certifications in manual therapy, sports rehabilitation, and orthopedic care, enabling them to tailor treatments effectively.

Continuing Education and Professional Development

Commitment to ongoing education ensures that the team at select physical therapy matthews remains proficient in cutting-edge therapies and evidence-based practice. This dedication translates into better patient outcomes and innovative treatment strategies.

Collaborative Care Approach

The therapists work collaboratively with physicians, surgeons, and other healthcare professionals to coordinate care plans that address the whole patient. This multidisciplinary approach enhances recovery efficiency and safety.

Patient-Centered Approach

Select Physical Therapy Matthews emphasizes a patient-centered philosophy, recognizing that each individual's recovery journey is unique. The clinic prioritizes open communication, patient education, and active involvement in the rehabilitation process.

Customized Treatment Plans

Treatment protocols are designed after thorough assessments that consider the patient's medical history, lifestyle, and personal recovery goals. This customization fosters more effective rehabilitation and patient satisfaction.

Education and Empowerment

Patients receive guidance on home exercises, injury prevention, and lifestyle modifications to maintain progress beyond clinic visits. Empowering patients with knowledge supports long-term health and reduces the risk of re-injury.

Supportive Environment

The facility promotes a welcoming and supportive atmosphere where patients feel comfortable sharing concerns and feedback. This environment encourages adherence to therapy plans and enhances motivation.

Benefits of Choosing Select Physical Therapy Matthews

Opting for select physical therapy matthews offers numerous advantages that contribute to successful rehabilitation and improved quality of life.

- **Comprehensive Care:** Access to a wide range of specialized physical therapy services under one roof.
- **Experienced Professionals:** Skilled therapists with advanced certifications dedicated to personalized treatment.
- **State-of-the-Art Facilities:** Modern equipment and therapeutic technologies support effective recovery.
- **Convenient Location:** Easily accessible location in Matthews, minimizing travel barriers for patients.
- **Individualized Attention:** Customized treatment plans that address the specific needs and goals of each patient.
- **Collaborative Care:** Coordination with other healthcare providers to ensure comprehensive management of conditions.

Frequently Asked Questions

Understanding common inquiries about select physical therapy matthews can assist prospective patients in making informed decisions.

What conditions does Select Physical Therapy Matthews treat?

The clinic treats a wide array of conditions including orthopedic injuries, sports-related trauma, neurological disorders, post-surgical recovery, and chronic pain management.

Do I need a physician's referral to begin therapy?

While some insurance plans require a referral, many patients can self-refer to select physical therapy matthews. It is advisable to check with your insurance provider for specific requirements.

How long does a typical therapy session last?

Sessions generally last between 45 to 60 minutes depending on the treatment plan and patient needs.

Is physical therapy covered by insurance?

Most insurance plans cover physical therapy services; however, coverage varies by policy. The clinic's administrative staff can assist with insurance verification and billing questions.

What can I expect during my first visit?

The initial evaluation includes a comprehensive assessment of your condition, medical history review, and development of a personalized treatment plan tailored to your goals.

Frequently Asked Questions

What services does Select Physical Therapy Matthews offer?

Select Physical Therapy Matthews provides services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, manual therapy, and personalized exercise programs.

How can I schedule an appointment at Select Physical Therapy Matthews?

You can schedule an appointment by calling their clinic directly, visiting their website to book online, or through a physician referral.

Does Select Physical Therapy Matthews accept insurance?

Yes, Select Physical Therapy Matthews accepts most major insurance plans. It's recommended to contact their office directly to verify your specific insurance coverage.

What are the operating hours of Select Physical Therapy Matthews?

Select Physical Therapy Matthews typically operates Monday through Friday during regular business hours, but it's best to check their website or call for the most accurate and current hours.

Are the physical therapists at Select Physical Therapy Matthews licensed and experienced?

Yes, all physical therapists at Select Physical Therapy Matthews are licensed professionals with extensive experience in treating various musculoskeletal and neurological conditions.

Can Select Physical Therapy Matthews help with sports injury recovery?

Absolutely. They specialize in sports injury rehabilitation, providing tailored treatment plans to help athletes recover and return to their activities safely.

Does Select Physical Therapy Matthews offer telehealth or virtual physical therapy sessions?

Depending on current policies and patient needs, Select Physical Therapy Matthews may offer telehealth options. It's best to inquire directly with the clinic for availability.

What makes Select Physical Therapy Matthews different from other physical therapy clinics?

Select Physical Therapy Matthews is known for its personalized care, experienced therapists, state-of-the-art equipment, and a patient-centered approach to rehabilitation.

Is a physician referral required to start therapy at Select Physical Therapy Matthews?

In many cases, a physician referral is not required to begin treatment at Select Physical Therapy Matthews, but it depends on your insurance policy and the nature of your condition.

Where is Select Physical Therapy Matthews located?

Select Physical Therapy Matthews is located in Matthews, North Carolina. For the exact address and directions, you can visit their official website or contact their office.

Additional Resources

1. Foundations of Physical Therapy: Principles and Practice in Matthews

This comprehensive guide covers the essential principles and practices of physical therapy with a focus on techniques used in Matthews. It includes detailed explanations of anatomy, pathology, and therapeutic interventions tailored to the local population. The book also addresses patient assessment and evidence-based treatment plans to optimize recovery outcomes.

2. Manual Therapy Techniques for Physical Therapists in Matthews

This book explores a range of manual therapy methods, including mobilization and manipulation techniques commonly employed by physical therapists in Matthews. It provides step-by-step

instructions, clinical reasoning, and case studies to help practitioners refine their hands-on skills. Emphasis is placed on safe application and patient-centered care.

3. Rehabilitation Strategies for Orthopedic Conditions in Matthews

Focused on orthopedic rehabilitation, this text presents strategies for managing common musculoskeletal injuries seen in Matthews clinics. It details therapeutic exercise protocols, pain management methods, and functional restoration techniques. The book is a valuable resource for therapists aiming to enhance recovery and minimize disability.

4. Sports Injury Prevention and Treatment: A Matthews Physical Therapy Perspective

This book addresses the prevention, diagnosis, and treatment of sports-related injuries, incorporating the latest research and practices in Matthews. It highlights conditioning programs, injury risk assessment, and rehabilitation tailored to athletes at all levels. The content supports clinicians in promoting safe sports participation and effective recovery.

5. Neurological Rehabilitation Approaches in Matthews Physical Therapy

Covering rehabilitation for neurological disorders, this book offers insights into treatment methodologies for conditions such as stroke, multiple sclerosis, and Parkinson's disease within the Matthews region. It combines theory with practical interventions, emphasizing neuroplasticity and functional improvement. Therapists will find protocols for enhancing motor control and cognitive function.

6. Pediatric Physical Therapy in Matthews: Growth and Development Focus

This text explores the specialized field of pediatric physical therapy, focusing on developmental milestones and common pediatric conditions treated in Matthews. It includes assessment tools, therapeutic play techniques, and family-centered care approaches. The book aids therapists in supporting children's physical development and independence.

7. Geriatric Physical Therapy: Managing Age-Related Changes in Matthews

Targeting the elderly population, this book discusses age-related musculoskeletal and neurological changes and how physical therapy in Matthews can address these challenges. It offers strategies for fall prevention, mobility enhancement, and chronic disease management. Practitioners will gain knowledge to improve quality of life for older adults.

8. Evidence-Based Physical Therapy Practices in Matthews Clinics

This book emphasizes the importance of integrating research evidence into clinical decision-making for physical therapists practicing in Matthews. It guides readers through critical appraisal of studies, application of evidence to patient care, and outcome measurement. The text helps clinicians stay current with best practices and improve treatment efficacy.

9. Physical Therapy Modalities: Tools and Techniques Used in Matthews

Detailing various physical therapy modalities such as ultrasound, electrical stimulation, and heat/cold therapy, this book provides practical guidance on their use in Matthews settings. It explains indications, contraindications, and protocol customization for different patient populations. The book is designed to enhance therapists' modality application skills for optimal rehabilitation results.

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