

163 03 horace harding expressway physical therapy

163 03 horace harding expressway physical therapy is a crucial location for individuals seeking comprehensive rehabilitation services in the Queens, New York area. This facility provides expert care designed to improve mobility, alleviate pain, and restore function following injury or surgery. With a focus on personalized treatment plans, 163 03 Horace Harding Expressway physical therapy centers utilize state-of-the-art techniques and experienced professionals to ensure optimal recovery outcomes. Patients benefit from a wide range of therapies tailored to address musculoskeletal issues, neurological conditions, sports injuries, and chronic pain. This article explores the various services offered, the benefits of physical therapy at this location, and what patients can expect during their rehabilitation journey. Additionally, it highlights the importance of selecting a specialized physical therapy provider near 163 03 Horace Harding Expressway for effective treatment. The following sections will guide readers through the essential aspects of physical therapy available at this prominent address.

- Overview of 163 03 Horace Harding Expressway Physical Therapy Services
- Conditions Treated at 163 03 Horace Harding Expressway Physical Therapy
- Techniques and Modalities Utilized
- Benefits of Choosing 163 03 Horace Harding Expressway Physical Therapy
- Patient Experience and What to Expect
- Insurance and Accessibility Information

Overview of 163 03 Horace Harding Expressway Physical Therapy Services

The physical therapy clinics located at 163 03 Horace Harding Expressway offer a comprehensive range of rehabilitative services designed to meet diverse patient needs. These services include manual therapy, therapeutic exercise, post-operative rehabilitation, pain management, and injury prevention programs. Each treatment plan is customized to the individual patient's condition, goals, and lifestyle, ensuring targeted and effective care. The clinics are staffed by licensed physical therapists who specialize in various areas such as orthopedics, sports medicine, and neurological rehabilitation. Additionally, advanced equipment and technology support the delivery of high-quality therapy sessions. The commitment at 163 03 Horace Harding Expressway physical therapy centers is to facilitate recovery and enhance functional independence for all patients.

Types of Therapy Offered

Patients at 163 03 Horace Harding Expressway can access multiple therapy types depending on their specific rehabilitation needs. These include:

- Orthopedic physical therapy
- Neurological rehabilitation
- Post-surgical rehabilitation
- Pediatric physical therapy
- Sports injury rehabilitation
- Geriatric physical therapy
- Pain management and chronic condition care

Conditions Treated at 163 03 Horace Harding Expressway Physical Therapy

The physical therapy providers at 163 03 Horace Harding Expressway are equipped to manage a wide array of medical conditions and injuries. Their expertise covers common musculoskeletal disorders, neurological impairments, and sports-related injuries. This location is ideal for patients recovering from surgeries such as joint replacements, ligament repairs, and spinal procedures. Furthermore, those suffering from chronic conditions like arthritis, fibromyalgia, and back pain can find relief through specialized treatment programs. The therapists also address acute injuries including sprains, strains, fractures, and tendonitis. By offering targeted care, the facility supports improved mobility, pain reduction, and overall health enhancement for patients.

Examples of Conditions Commonly Treated

Some of the most frequent diagnoses managed by therapists at this site include:

- Lower back pain and sciatica
- Rotator cuff injuries and shoulder impingement
- Knee osteoarthritis and meniscus tears
- Post-stroke rehabilitation
- Sports-related concussions and muscle strains
- Carpal tunnel syndrome

- Post-fracture recovery

Techniques and Modalities Utilized

At 163 03 Horace Harding Expressway physical therapy clinics, a variety of evidence-based techniques and modalities are employed to maximize patient recovery. Treatment approaches combine hands-on therapy with advanced technological tools to address pain, inflammation, and functional deficits. Therapists emphasize the importance of active patient participation through therapeutic exercises and education. Modalities such as ultrasound, electrical stimulation, and cold laser therapy are integrated into treatment plans when appropriate. This multifaceted approach ensures a comprehensive rehabilitation process that adapts to each patient's progress and needs.

Common Techniques Applied

- Manual therapy including joint mobilization and soft tissue massage
- Therapeutic exercise programs for strength, flexibility, and balance
- Neuromuscular re-education
- Gait training and functional mobility exercises
- Modalities such as ultrasound, electrical stimulation, and heat/cold therapy
- Patient education on injury prevention and home exercise routines

Benefits of Choosing 163 03 Horace Harding Expressway Physical Therapy

Selecting a physical therapy provider at 163 03 Horace Harding Expressway offers numerous advantages for patients seeking effective rehabilitation. The location is easily accessible, with convenient hours designed to accommodate busy schedules. The therapists maintain a high standard of care, backed by continuous professional development and up-to-date clinical practices. Personalized attention ensures that treatment plans align with patient goals, promoting faster recovery and improved quality of life. Additionally, the multidisciplinary approach supports holistic healing, addressing both physical impairments and functional limitations. Patients also benefit from a supportive environment that encourages motivation and adherence to therapy protocols.

Key Advantages

- Experienced and licensed physical therapists
- Customized treatment plans tailored to individual needs
- Use of advanced therapeutic technologies
- Convenient location and flexible appointment scheduling
- Comprehensive care for a wide range of conditions
- Focus on patient education and long-term wellness

Patient Experience and What to Expect

Patients visiting 163 03 Horace Harding Expressway for physical therapy can expect a thorough initial evaluation to identify their specific issues and goals. This assessment includes a detailed history, physical examination, and functional testing. Based on these findings, therapists develop a personalized rehabilitation plan that may include various modalities and exercises. Therapy sessions are conducted in a professional and supportive environment, with ongoing progress monitoring to adjust treatments as needed. Education on injury prevention, posture correction, and home exercises is an integral part of the therapy process. Communication between patient and therapist is emphasized to ensure clarity and engagement throughout the recovery journey.

Typical Treatment Process

1. Initial comprehensive evaluation and assessment
2. Development of individualized treatment plan
3. Implementation of therapy sessions with manual techniques and modalities
4. Regular progress evaluations and plan adjustments
5. Patient education and home exercise program guidance
6. Final assessment and recommendations for ongoing wellness

Insurance and Accessibility Information

163 03 Horace Harding Expressway physical therapy providers accept a variety of insurance plans to facilitate patient access to care. Many major health insurance carriers are accepted, including Medicare and Medicaid in some cases. It is advisable for patients to verify coverage and preauthorization requirements prior to initiating treatment. The facility is designed to be accessible

for individuals with disabilities, featuring compliance with ADA standards. Parking and public transportation options are available nearby, making it convenient for patients to attend appointments. Administrative staff are available to assist with insurance questions and scheduling to ensure a smooth patient experience.

Insurance and Access Details

- Acceptance of major insurance providers including private and government plans
- Assistance with insurance verification and billing processes
- ADA-compliant facility with accessible treatment areas
- Convenient parking spaces and nearby public transit options
- Flexible scheduling to accommodate various patient needs

Frequently Asked Questions

What types of physical therapy services are offered at 163 03 Horace Harding Expressway?

The physical therapy clinic at 163 03 Horace Harding Expressway offers services including orthopedic rehabilitation, sports injury therapy, post-surgical recovery, pain management, and personalized exercise programs.

How can I book an appointment for physical therapy at 163 03 Horace Harding Expressway?

You can book an appointment by calling the clinic directly, visiting their official website to schedule online, or using any affiliated healthcare platforms that support appointment bookings for this location.

Are the physical therapists at 163 03 Horace Harding Expressway licensed and experienced?

Yes, the physical therapists at 163 03 Horace Harding Expressway are fully licensed professionals with extensive experience in various physical therapy specialties to ensure high-quality patient care.

Does the physical therapy facility at 163 03 Horace Harding

Expressway accept insurance?

Most major insurance plans are accepted at the physical therapy center located at 163 03 Horace Harding Expressway, but it is recommended to contact the clinic directly to confirm coverage and payment options.

What are the COVID-19 safety protocols at the 163 03 Horace Harding Expressway physical therapy clinic?

The clinic follows strict COVID-19 safety protocols including mandatory mask-wearing, social distancing, enhanced cleaning procedures, and screening of patients and staff to ensure a safe environment for all visitors.

Additional Resources

1. *Healing Hands: Physical Therapy Techniques Along Horace Harding Expressway*

This book explores the specialized physical therapy methods used by clinics located near 163 03 Horace Harding Expressway. It offers insights into patient care, rehabilitation exercises, and innovative treatment plans tailored to a diverse urban population. With real case studies, readers gain a practical understanding of therapeutic success in this bustling area.

2. *The Road to Recovery: Physical Therapy Practices in Queens, NY*

Focusing on the Queens borough, this guide highlights the unique challenges and solutions in physical therapy services around Horace Harding Expressway. It discusses community health initiatives, patient demographics, and the integration of new technologies to improve mobility and pain management.

3. *Urban Rehab: Physical Therapy Strategies for City Environments*

This book addresses the complexities of providing physical therapy in dense urban settings such as near 163 03 Horace Harding Expressway. It outlines adaptive treatment approaches that consider environmental factors, space constraints, and patient lifestyle to optimize recovery outcomes.

4. *Advanced Physical Therapy Modalities in Metropolitan Areas*

Detailing cutting-edge physical therapy treatments, this volume includes examples from clinics situated close to Horace Harding Expressway. Readers learn about modalities like aquatic therapy, manual therapy, and neuromuscular re-education that enhance patient rehabilitation in metropolitan contexts.

5. *Patient-Centered Care in Physical Therapy: A Casebook from Horace Harding Expressway*

Through a collection of patient stories and therapist perspectives, this book showcases the importance of individualized care plans. It emphasizes communication, empathy, and tailored interventions practiced by therapists near 163 03 Horace Harding Expressway to achieve optimal patient outcomes.

6. *Sports Injury Rehabilitation Near Horace Harding Expressway*

Targeting athletes and active individuals, this book offers comprehensive rehabilitation protocols used by physical therapists in the Horace Harding area. It covers injury prevention, recovery timelines, and exercises designed to restore strength and flexibility after sports-related injuries.

7. Physical Therapy Clinic Management: Insights from 163 03 Horace Harding Expressway

This title provides an in-depth look at the operational aspects of running a successful physical therapy clinic in a busy urban corridor. Topics include patient scheduling, insurance navigation, staff training, and marketing strategies tailored to the Horace Harding Expressway locale.

8. Innovations in Geriatric Physical Therapy: A Horace Harding Expressway Perspective

Addressing the needs of the aging population near 163 03 Horace Harding Expressway, this book details specialized therapy techniques to improve mobility, balance, and independence. It highlights adaptive equipment, fall prevention strategies, and multidisciplinary approaches to elderly care.

9. Community Wellness and Physical Therapy: Programs Along Horace Harding Expressway

This book explores community-based physical therapy initiatives aimed at promoting health and wellness in neighborhoods surrounding Horace Harding Expressway. It discusses outreach efforts, group exercise programs, and partnerships with local organizations to enhance public access to rehabilitative services.

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