

cpmc davies physical therapy

cpmc davies physical therapy is a leading provider of rehabilitation services known for its comprehensive approach to physical health and recovery. This facility specializes in personalized treatment plans designed to help patients regain mobility, reduce pain, and enhance overall functionality. With a team of experienced therapists and state-of-the-art equipment, CPMC Davies Physical Therapy offers a wide range of services tailored to meet individual needs. Patients benefit from evidence-based techniques, advanced therapeutic exercises, and innovative modalities that promote efficient healing. This article explores the key aspects of CPMC Davies Physical Therapy, including its services, patient care philosophy, treatment approaches, and unique features that set it apart. Readers will gain a thorough understanding of what makes this center a preferred choice for physical therapy and rehabilitation.

- Overview of CPMC Davies Physical Therapy
- Services Offered
- Patient Care and Treatment Approach
- Conditions Treated
- Therapist Expertise and Team
- Facilities and Technology
- Insurance and Accessibility

Overview of CPMC Davies Physical Therapy

CPMC Davies Physical Therapy is a renowned rehabilitation center dedicated to providing high-quality physical therapy services. Situated within a well-established medical framework, it integrates multidisciplinary care to support patient recovery. The facility emphasizes a patient-centered approach, focusing on individualized treatment protocols that address specific health concerns and goals. By combining clinical expertise with modern therapy techniques, CPMC Davies Physical Therapy ensures optimal outcomes for diverse patient populations. Its reputation is built on consistent, measurable improvements in mobility, strength, and pain management.

Services Offered

The range of services provided by CPMC Davies Physical Therapy covers various aspects of musculoskeletal and neurological rehabilitation. These services are designed to facilitate recovery from injuries, surgeries, and chronic conditions through targeted therapeutic interventions.

Orthopedic Physical Therapy

This service focuses on treating injuries and disorders related to bones, joints, muscles, ligaments, and tendons. Common treatments include post-surgical rehabilitation, fracture recovery, and management of conditions such as arthritis and tendonitis.

Neurological Rehabilitation

CPMC Davies Physical Therapy offers specialized programs for patients affected by neurological conditions like stroke, multiple sclerosis, Parkinson's disease, and spinal cord injuries. Therapists employ neuroplasticity techniques to enhance functional recovery.

Sports Rehabilitation

Tailored for athletes, this service aims to restore performance levels and prevent future injuries. It includes strength training, flexibility exercises, and sport-specific conditioning.

Manual Therapy and Pain Management

Hands-on techniques such as joint mobilization and soft tissue massage are used to alleviate pain, improve joint function, and expedite healing processes.

Balance and Vestibular Therapy

Designed for patients experiencing dizziness, balance disorders, or vertigo, this therapy improves stability and reduces fall risk through specialized exercises.

- Orthopedic Physical Therapy
- Neurological Rehabilitation

- Sports Rehabilitation
- Manual Therapy and Pain Management
- Balance and Vestibular Therapy

Patient Care and Treatment Approach

CPMC Davies Physical Therapy prioritizes a holistic and evidence-based approach to patient care. Each treatment plan is customized following a comprehensive evaluation that includes physical assessments, medical history review, and goal setting. Therapists collaborate closely with patients to develop realistic recovery objectives and adapt interventions based on progress.

Comprehensive Evaluations

Initial assessments at CPMC Davies Physical Therapy involve detailed analysis of movement patterns, strength, flexibility, and pain levels. This process identifies underlying dysfunctions and guides treatment decisions.

Individualized Treatment Plans

Therapy regimens are tailored to address specific impairments and enhance functional abilities. This personalized care model optimizes recovery speed and effectiveness.

Patient Education and Empowerment

Education is a fundamental component, enabling patients to understand their conditions and engage actively in the rehabilitation process. This fosters long-term wellness and injury prevention.

Progress Monitoring and Adjustments

Regular evaluations ensure that treatment remains aligned with patient needs, allowing therapists to modify techniques and intensity as necessary.

Conditions Treated

CPMC Davies Physical Therapy addresses a broad spectrum of conditions

affecting various body systems. The center's expertise extends to both acute injuries and chronic disorders, facilitating comprehensive recovery.

- Post-operative rehabilitation (e.g., knee replacement, rotator cuff repair)
- Sports-related injuries (e.g., sprains, strains, tendon injuries)
- Neurological impairments (e.g., stroke recovery, neuropathies)
- Chronic pain syndromes (e.g., fibromyalgia, arthritis)
- Balance and vestibular dysfunction
- Work-related musculoskeletal disorders

By targeting these diverse conditions, CPMC Davies Physical Therapy supports patients in regaining independence and improving quality of life.

Therapist Expertise and Team

The success of CPMC Davies Physical Therapy is largely attributed to its highly skilled and multidisciplinary team. Therapists possess advanced degrees, certifications, and extensive clinical experience relevant to various rehabilitation specialties.

Licensed Physical Therapists

All therapists are licensed professionals trained in the latest physical therapy techniques and evidence-based practices. Their expertise ensures safe and effective treatment.

Specialized Certifications

Many team members hold certifications in orthopedic manual therapy, sports rehabilitation, neurological rehabilitation, and vestibular therapy, enhancing the quality of care provided.

Collaborative Care Model

The team works in coordination with physicians, surgeons, and other healthcare providers to ensure integrated patient management.

Continuing Education

Therapists regularly pursue ongoing education to stay abreast of advancements in physical therapy, maintaining the highest standards of clinical excellence.

Facilities and Technology

CPMC Davies Physical Therapy is equipped with cutting-edge technology and modern facilities designed to support diverse therapeutic interventions. The environment is conducive to patient comfort and efficient rehabilitation.

State-of-the-Art Equipment

Equipment includes advanced therapeutic modalities such as electrical stimulation, ultrasound, laser therapy, and computerized balance training systems.

Exercise and Training Areas

Dedicated spaces for strength training, flexibility exercises, and functional movement practice enable comprehensive rehabilitation programs.

Accessibility and Comfort

The facility is designed to accommodate patients with varying mobility levels, ensuring safe and comfortable access to services.

Sanitation and Safety Protocols

Strict hygiene measures and safety protocols are maintained to protect patients and staff during treatments.

Insurance and Accessibility

CPMC Davies Physical Therapy accepts a broad range of insurance plans, facilitating access to quality rehabilitation services. The center's administrative team assists patients in understanding coverage and navigating insurance processes.

Insurance Plans Accepted

The facility works with major insurance providers, including Medicare and private health plans, to minimize out-of-pocket expenses for patients.

Referral and Appointment Process

Patients can obtain therapy services through physician referrals or direct access, depending on state regulations and insurance requirements.

Location and Transportation

CPMC Davies Physical Therapy is conveniently located with accessible public transportation options and ample parking, enhancing patient convenience.

Flexible Scheduling

Extended hours and appointment flexibility accommodate diverse patient schedules and needs.

Frequently Asked Questions

What types of physical therapy services are offered at CPMC Davies?

CPMC Davies offers a range of physical therapy services including orthopedic rehabilitation, sports injury recovery, post-surgical rehabilitation, neurological therapy, and pain management.

How can I schedule an appointment for physical therapy at CPMC Davies?

You can schedule an appointment at CPMC Davies by calling their main phone number, visiting their website to request an appointment online, or getting a referral from your primary care physician.

Does CPMC Davies Physical Therapy accept insurance?

Yes, CPMC Davies Physical Therapy accepts most major insurance plans. It is recommended to verify with your insurance provider and the clinic directly to confirm coverage.

What makes CPMC Davies Physical Therapy unique compared to other clinics?

CPMC Davies Physical Therapy is known for its personalized treatment plans, experienced therapists, integration with other medical services at California Pacific Medical Center, and use of advanced therapeutic techniques.

Are there specialized programs at CPMC Davies for athletes?

Yes, CPMC Davies offers specialized sports rehabilitation programs tailored to athletes recovering from injuries or looking to enhance performance and prevent future injuries.

What COVID-19 safety protocols are in place at CPMC Davies Physical Therapy?

CPMC Davies 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.

Can pediatric patients receive physical therapy at CPMC Davies?

CPMC Davies primarily focuses on adult physical therapy services. For pediatric physical therapy, patients may be referred to specialized pediatric therapy centers.

What should I expect during my first physical therapy session at CPMC Davies?

During your first session, the therapist will perform an evaluation including medical history review, physical assessments, and discuss your goals to develop a personalized treatment plan.

Does CPMC Davies offer telehealth physical therapy sessions?

Yes, CPMC Davies offers telehealth physical therapy sessions for certain conditions, allowing patients to receive care remotely through video consultations.

Additional Resources

1. *Comprehensive Guide to CPMC Davies Physical Therapy Techniques*

This book offers an in-depth exploration of the physical therapy methods

employed at CPMC Davies. It covers assessment protocols, treatment plans, and patient management strategies tailored to various musculoskeletal and neurological conditions. With detailed illustrations and case studies, it serves as a practical resource for both students and practicing therapists.

2. Rehabilitation Strategies at CPMC Davies: A Clinical Approach

Focusing on rehabilitation, this text outlines the clinical approaches used at CPMC Davies to restore patient function and mobility. It discusses evidence-based practices, interdisciplinary collaboration, and innovative therapeutic exercises. The book emphasizes patient-centered care and outcome measurement to ensure effective recovery.

3. Manual Therapy Principles in the CPMC Davies Physical Therapy Program

This book delves into manual therapy techniques practiced at CPMC Davies, including joint mobilization, soft tissue manipulation, and myofascial release. It provides step-by-step guidance and highlights the physiological benefits of hands-on treatment. The content is designed to enhance the skills of clinicians seeking advanced manual therapy knowledge.

4. Neurological Rehabilitation at CPMC Davies: Techniques and Case Studies

Centered on neurological physical therapy, this book presents specialized techniques used at CPMC Davies for patients with stroke, spinal cord injuries, and neurodegenerative diseases. It features comprehensive case studies demonstrating tailored interventions and progress tracking. The text aims to equip therapists with tools to improve neuroplasticity and functional independence.

5. Orthopedic Physical Therapy Practices at CPMC Davies

This title covers orthopedic conditions commonly treated at CPMC Davies, including fractures, joint replacements, and sports injuries. It discusses assessment, therapeutic exercises, and post-surgical rehabilitation protocols. The book integrates current research with practical applications to optimize patient outcomes.

6. Pediatric Physical Therapy Approaches at CPMC Davies

This resource focuses on physical therapy services provided to pediatric patients at CPMC Davies. It addresses developmental milestones, common pediatric disorders, and family-centered care models. The book includes intervention strategies designed to promote growth, coordination, and functional abilities in children.

7. CPMC Davies Pain Management and Physical Therapy Integration

Exploring the intersection of pain management and physical therapy, this book explains how CPMC Davies incorporates multimodal strategies to alleviate chronic and acute pain. It includes techniques such as therapeutic exercise, manual therapy, and patient education. The text highlights the importance of addressing biopsychosocial factors in treatment plans.

8. Evidence-Based Practice in CPMC Davies Physical Therapy

This book emphasizes the role of research and evidence-based practice in shaping physical therapy protocols at CPMC Davies. It guides readers through

critical appraisal of literature, clinical decision-making, and implementation of best practices. The aim is to foster a culture of continuous learning and improved patient care.

9. *Functional Movement and Gait Analysis at CPMC Davies*

Focusing on functional movement assessments, this book describes gait analysis techniques and intervention strategies used at CPMC Davies. It highlights the importance of biomechanical evaluation in diagnosing movement disorders and planning rehabilitation. The text is valuable for therapists aiming to enhance mobility and functional independence in their patients.

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