

craven physical therapy & spine

craven physical therapy & spine is a leading provider of specialized rehabilitation services focused on improving musculoskeletal health and spinal function. This comprehensive article explores the range of treatments and therapies offered by Craven Physical Therapy & Spine, highlighting their commitment to patient-centered care and evidence-based practices. From evaluation and diagnosis to customized treatment plans, the center emphasizes restoring mobility, reducing pain, and enhancing overall quality of life. Patients benefit from a multidisciplinary approach that integrates manual therapy, advanced modalities, exercise prescription, and education. In addition, Craven Physical Therapy & Spine addresses various conditions such as back pain, neck pain, sports injuries, and post-surgical recovery. The following sections will provide an in-depth overview of their services, treatment techniques, patient benefits, and what sets this facility apart in the realm of physical therapy and spine care.

- Overview of Craven Physical Therapy & Spine
- Services and Treatment Options
- Conditions Treated at Craven Physical Therapy & Spine
- Benefits of Choosing Craven Physical Therapy & Spine
- Patient Experience and Care Approach
- Advanced Technology and Techniques
- Frequently Asked Questions

Overview of Craven Physical Therapy & Spine

Craven Physical Therapy & Spine is a specialized healthcare provider dedicated to diagnosing and treating conditions related to the spine and overall physical function. The clinic combines clinical expertise with state-of-the-art rehabilitation techniques to deliver comprehensive care. Staffed by licensed physical therapists and rehabilitation specialists, the center focuses on personalized treatment plans tailored to individual patient needs. The goal is to promote healing, improve strength and flexibility, and prevent future injuries through education and therapeutic interventions.

Mission and Vision

The mission of Craven Physical Therapy & Spine is to provide exceptional, evidence-based rehabilitative services that empower patients to achieve optimal health and functional independence. Their vision emphasizes a holistic approach, integrating physical therapy with spine care to address the root causes of pain and dysfunction rather than merely managing symptoms.

Location and Accessibility

Conveniently located to serve a broad community, Craven Physical Therapy & Spine ensures accessibility for patients with varying schedules and mobility levels. The facility is equipped with modern treatment areas, private therapy rooms, and accessible parking to enhance patient comfort and convenience.

Services and Treatment Options

Craven Physical Therapy & Spine offers a wide range of services designed to address musculoskeletal and spinal health issues. Their treatment modalities are grounded in current clinical research and tailored to facilitate recovery and enhance physical performance.

Physical Therapy Evaluation and Assessment

Initial patient evaluations involve a thorough assessment of medical history, physical examination, and functional testing. This process identifies specific impairments, movement limitations, and pain generators to inform an individualized treatment plan.

Manual Therapy and Spinal Mobilization

Manual therapy techniques, including joint mobilization and soft tissue manipulation, are employed to restore normal joint function, reduce stiffness, and alleviate pain. Spinal mobilization specifically targets restricted vertebral segments to improve spinal alignment and mobility.

Therapeutic Exercise Programs

Customized exercise regimens focus on strengthening weak muscle groups, improving flexibility, and enhancing neuromuscular control. These programs are adapted to patient progress and designed to facilitate long-term functional improvements.

Modalities and Pain Management

Various physical agents such as ultrasound, electrical stimulation, and cold/heat therapy are utilized to reduce inflammation, control pain, and promote tissue healing as adjuncts to active therapy.

Post-Surgical Rehabilitation

Careful rehabilitation following spinal or orthopedic surgery is provided to optimize recovery, prevent complications, and restore preoperative function. This includes gradual progression of activity and targeted therapeutic interventions.

Conditions Treated at Craven Physical Therapy & Spine

The clinic specializes in managing a wide spectrum of neuromusculoskeletal disorders, with a focus on spine-related conditions and overall physical rehabilitation.

Lower Back Pain and Sciatica

Patients with chronic or acute low back pain, including sciatica caused by nerve compression, receive comprehensive evaluation and treatment aimed at pain relief and functional restoration.

Neck Pain and Cervical Disorders

Conditions such as cervical radiculopathy, whiplash, and degenerative disc disease are addressed through targeted therapies to improve neck mobility and reduce discomfort.

Sports Injuries and Orthopedic Conditions

Craven Physical Therapy & Spine treats a variety of sports-related injuries including sprains, strains, tendonitis, and joint dysfunctions, utilizing rehabilitation strategies to facilitate safe return to activity.

Postural Dysfunction and Ergonomic Concerns

Postural imbalances contributing to pain and dysfunction are corrected through education and therapeutic interventions designed to improve alignment

and reduce strain on the spine and extremities.

Benefits of Choosing Craven Physical Therapy & Spine

Choosing Craven Physical Therapy & Spine provides numerous advantages for patients seeking specialized care for spine and physical rehabilitation.

Comprehensive and Personalized Care

Each patient receives a customized plan of care tailored to their unique condition, goals, and lifestyle factors, ensuring optimal treatment outcomes.

Experienced and Licensed Professionals

The clinic's team consists of highly trained physical therapists and spine specialists with extensive experience in musculoskeletal rehabilitation and pain management.

Integrated Multidisciplinary Approach

Craven Physical Therapy & Spine collaborates with physicians, surgeons, and other healthcare providers to ensure coordinated and holistic patient care.

State-of-the-Art Facilities

Modern equipment and treatment technologies support effective rehabilitation and enhance patient comfort during therapy sessions.

Patient Experience and Care Approach

Patient satisfaction and positive health outcomes are central to Craven Physical Therapy & Spine's philosophy. The clinic emphasizes clear communication, patient education, and active participation in the recovery process.

Initial Consultation and Goal Setting

During the initial visit, the therapist discusses patient goals and expectations, providing a clear roadmap for treatment and rehabilitation milestones.

Ongoing Monitoring and Progress Evaluation

Regular assessments track improvements in pain, mobility, and function, allowing adjustments to therapy plans to maximize effectiveness.

Patient Education and Self-Management

Education on posture, ergonomics, and home exercise programs empowers patients to maintain gains and prevent future injuries.

Advanced Technology and Techniques

Craven Physical Therapy & Spine integrates cutting-edge technology and innovative treatment methodologies to enhance patient care and rehabilitation outcomes.

Diagnostic Tools

Advanced diagnostic assessments such as motion analysis and functional testing support precise identification of impairments and guide targeted interventions.

Therapeutic Modalities

Utilization of equipment such as electrical stimulation units, traction devices, and laser therapy facilitates accelerated healing and pain relief.

Evidence-Based Practice

The clinic continuously updates its protocols in alignment with the latest research to provide treatments proven to be effective for spine and musculoskeletal conditions.

Frequently Asked Questions

This section addresses common inquiries regarding services, treatment processes, and patient expectations at Craven Physical Therapy & Spine.

- What types of insurance does Craven Physical Therapy & Spine accept?
- How long does a typical physical therapy session last?

- What should patients bring to their first appointment?
- Are there any conditions that require physician referral?
- How soon can patients expect to see improvement?

Frequently Asked Questions

What services does Craven Physical Therapy & Spine offer?

Craven Physical Therapy & Spine provides a range of services including physical therapy, spine care, pain management, injury rehabilitation, and wellness programs tailored to individual patient needs.

Where is Craven Physical Therapy & Spine located?

Craven Physical Therapy & Spine has multiple locations primarily serving the Craven County area in North Carolina, with clinics equipped to offer comprehensive physical therapy and spine care services.

Does Craven Physical Therapy & Spine accept insurance?

Yes, Craven Physical Therapy & Spine accepts most major insurance plans. It is recommended to contact their office directly to verify specific insurance coverage and benefits.

What conditions can Craven Physical Therapy & Spine help treat?

They specialize in treating conditions such as back and neck pain, sports injuries, post-surgical rehabilitation, arthritis, sciatica, herniated discs, and other musculoskeletal disorders.

How can I schedule an appointment with Craven Physical Therapy & Spine?

Appointments can be scheduled by calling their main office, visiting their website for online booking options, or through a physician referral depending on the patient's needs.

What makes Craven Physical Therapy & Spine different from other physical therapy providers?

Craven Physical Therapy & Spine focuses on personalized care plans, experienced therapists, advanced treatment techniques, and a multidisciplinary approach that integrates spine specialists and physical therapists for optimal recovery.

Do they offer specialized spine treatment programs?

Yes, Craven Physical Therapy & Spine offers specialized spine treatment programs that include manual therapy, spinal decompression, therapeutic exercises, and education to help manage and alleviate spine-related conditions.

Can Craven Physical Therapy & Spine help with post-surgical rehabilitation?

Absolutely. They provide customized post-surgical rehabilitation programs designed to restore mobility, reduce pain, and promote healing after surgeries involving joints, spine, or soft tissues.

Are telehealth or virtual physical therapy sessions available at Craven Physical Therapy & Spine?

Craven Physical Therapy & Spine offers telehealth services for certain types of therapy sessions, allowing patients to receive guidance and support remotely when in-person visits are not feasible.

Additional Resources

1. Craven Physical Therapy & Spine Essentials: A Comprehensive Guide

This book offers an in-depth overview of Craven Physical Therapy's approach to spine care, combining evidence-based practices with patient-centered treatment plans. It covers anatomy, common spinal disorders, and rehabilitation techniques. Readers will gain valuable insights into improving mobility and managing pain effectively.

2. Innovations in Spine Rehabilitation: Techniques from Craven Physical Therapy

Explore the latest advancements in spine rehabilitation developed by Craven Physical Therapy experts. This book highlights cutting-edge therapies, including manual techniques, exercise protocols, and technology-assisted treatments. It is an essential resource for clinicians looking to enhance their practice and patient outcomes.

3. Understanding Spine Health: Preventative Strategies by Craven Physical

Therapy

Focusing on prevention, this book outlines strategies to maintain spine health and avoid injury. It discusses posture correction, ergonomic adjustments, and lifestyle modifications recommended by Craven Physical Therapy specialists. Ideal for patients and practitioners aiming to reduce the risk of chronic spine conditions.

4. Managing Chronic Back Pain: Craven Physical Therapy's Approach

Chronic back pain can severely impact quality of life, and this book provides comprehensive methods to manage it effectively. Through case studies and clinical experiences, Craven Physical Therapy's approach emphasizes personalized treatment plans, pain management techniques, and functional restoration.

5. Post-Surgical Spine Rehabilitation: Protocols from Craven Physical Therapy & Spine

This practical guide addresses rehabilitation following spine surgery, detailing step-by-step protocols to ensure optimal recovery. It includes guidelines for pain control, mobility restoration, and strength rebuilding, with a focus on patient safety and gradual progression.

6. Spinal Disorders and Physical Therapy: Insights from Craven Specialists

Delve into a range of spinal disorders, including herniated discs, scoliosis, and degenerative diseases, with expert commentary from Craven Physical Therapy practitioners. The book provides diagnostic criteria, treatment options, and rehabilitation strategies tailored to each condition.

7. Functional Movement and Spine Care: Techniques Used at Craven Physical Therapy

This book emphasizes the role of functional movement assessment and correction in spine care. It outlines exercises and manual therapy techniques designed to restore natural movement patterns and reduce spinal stress, drawing on the expertise of Craven therapists.

8. Patient-Centered Spine Therapy: The Craven Physical Therapy Model

Highlighting the importance of individualized care, this book describes the patient-centered philosophy that guides Craven Physical Therapy's spine treatments. It covers communication, goal-setting, and collaborative decision-making processes that enhance therapy effectiveness.

9. Rehabilitation Technology in Spine Care: Tools and Techniques at Craven Physical Therapy

Explore the integration of advanced rehabilitation technologies such as biofeedback, electrical stimulation, and virtual reality in spine therapy. This book showcases how Craven Physical Therapy utilizes these tools to improve patient engagement and accelerate recovery.

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