

friedman spine & physical therapy pc

friedman spine & physical therapy pc is a renowned medical practice specializing in comprehensive spinal care and rehabilitative services. This article explores the extensive range of treatments and therapies provided by Friedman Spine & Physical Therapy PC, highlighting their expertise in spinal health, physical therapy, and patient-centered care. With a focus on spinal disorders, injury rehabilitation, and pain management, the practice offers advanced diagnostic and therapeutic solutions tailored to individual needs. Patients benefit from a multidisciplinary approach, combining state-of-the-art technology with evidence-based physical therapy techniques. This detailed overview will discuss the services offered, the qualifications of the care team, treatment methodologies, and the benefits of choosing Friedman Spine & Physical Therapy PC for spinal and physical rehabilitation. The following sections will provide a structured insight into the practice's core competencies and patient care philosophy.

- Overview of Friedman Spine & Physical Therapy PC
- Services Offered
- Expertise and Medical Team
- Patient Care and Treatment Approaches
- Facilities and Technology
- Benefits of Choosing Friedman Spine & Physical Therapy PC

Overview of Friedman Spine & Physical Therapy PC

Friedman Spine & Physical Therapy PC is a specialized healthcare provider focusing on spinal health and physical rehabilitation. The practice is dedicated to diagnosing, treating, and managing various spinal conditions and musculoskeletal disorders. With a commitment to patient-centered care, Friedman Spine & Physical Therapy PC integrates medical expertise with therapeutic interventions to enhance recovery and improve quality of life. Their approach emphasizes minimally invasive treatments and personalized therapy plans designed to address the unique needs of each patient.

History and Mission

Established with the goal of providing exceptional spinal care, Friedman Spine & Physical Therapy PC has

grown into a trusted name in the region. The mission centers around delivering comprehensive care that combines advanced medical knowledge with compassionate support. The practice aims to restore mobility, reduce pain, and promote long-term spinal health through innovative treatments and rehabilitative strategies.

Patient Demographics

The practice serves a broad range of patients, including those suffering from chronic back pain, sports injuries, post-surgical rehabilitation, and degenerative spinal conditions. Patients of all ages benefit from Friedman Spine & Physical Therapy PC's expertise, ranging from young athletes to elderly individuals experiencing spinal degeneration.

Services Offered

Friedman Spine & Physical Therapy PC provides a wide array of services designed to address spinal disorders and facilitate physical rehabilitation. These services encompass diagnostic evaluations, therapeutic interventions, and ongoing management of musculoskeletal health.

Spinal Diagnostics

Accurate diagnosis is critical to effective treatment. Friedman Spine & Physical Therapy PC utilizes advanced imaging and diagnostic tools to assess spinal conditions. These may include MRI, X-rays, and other non-invasive imaging techniques that allow for precise identification of spinal abnormalities and related issues.

Physical Therapy Programs

The core service at Friedman Spine & Physical Therapy PC is tailored physical therapy designed to rehabilitate spinal injuries and improve functional mobility. Therapy programs are customized to patient needs and may include:

- Manual therapy techniques
- Therapeutic exercises
- Postural training and ergonomic education
- Strength and flexibility enhancement

- Pain management modalities such as ultrasound and electrical stimulation

Pain Management and Rehabilitation

For patients with chronic pain or post-operative recovery needs, Friedman Spine & Physical Therapy PC offers comprehensive rehabilitation plans. These programs focus on reducing pain, restoring function, and preventing future injury through multidisciplinary approaches.

Expertise and Medical Team

The success of Friedman Spine & Physical Therapy PC is underpinned by a highly qualified team of medical professionals specializing in spinal care and rehabilitation. The team collaborates to provide integrated treatment solutions tailored to each patient's condition.

Spine Specialists

The practice includes board-certified spine surgeons and orthopedic specialists with extensive experience in diagnosing and treating complex spinal disorders. Their expertise enables them to recommend appropriate medical or surgical interventions when necessary.

Physical Therapists

Licensed physical therapists at Friedman Spine & Physical Therapy PC design and implement individualized therapy plans. Their specialized training in spinal rehabilitation ensures effective recovery and functional improvement for patients.

Support Staff

In addition to medical professionals, the practice employs skilled support staff who assist in patient care coordination, scheduling, and education, ensuring a seamless healthcare experience.

Patient Care and Treatment Approaches

Friedman Spine & Physical Therapy PC prioritizes patient-centered care by adopting evidence-based treatment methodologies and fostering strong patient-provider communication. The goal is to empower

patients through education and active participation in their recovery process.

Comprehensive Evaluation

Upon initial consultation, patients undergo thorough evaluations to assess spinal function, pain levels, and mobility restrictions. This holistic assessment guides the development of a personalized treatment strategy.

Multidisciplinary Treatment Plans

Treatment plans at Friedman Spine & Physical Therapy PC often involve collaboration among spine specialists, physical therapists, and pain management experts. This integrated approach ensures that all aspects of a patient's condition are addressed effectively.

Patient Education and Prevention

Education plays a vital role in the treatment philosophy. Patients receive guidance on proper body mechanics, lifestyle adjustments, and preventive measures to maintain spinal health and avoid re-injury.

Facilities and Technology

The practice is equipped with modern facilities and utilizes advanced technology to enhance diagnostic accuracy and therapeutic outcomes. Friedman Spine & Physical Therapy PC maintains a patient-friendly environment designed to support healing and comfort.

State-of-the-Art Equipment

Advanced imaging tools and therapeutic devices are integral to the diagnostic and treatment processes. Equipment such as computerized motion analysis systems and therapeutic ultrasound machines contribute to precise care delivery.

Rehabilitation Environment

The physical therapy area is designed to facilitate comprehensive rehabilitation with specialized exercise equipment, treatment tables, and modalities that optimize patient progress.

Benefits of Choosing Friedman Spine & Physical Therapy PC

Opting for Friedman Spine & Physical Therapy PC offers numerous advantages for individuals seeking expert spinal care and physical therapy services. The practice's holistic approach and specialized expertise provide patients with superior outcomes.

Personalized Care

Each patient receives a customized treatment plan that addresses their specific condition and goals, ensuring targeted and effective care.

Experienced Team

The multidisciplinary team brings extensive knowledge and experience, allowing for comprehensive management of complex spinal and musculoskeletal issues.

Advanced Therapeutic Techniques

Utilization of the latest diagnostic and therapeutic technologies enhances treatment precision and accelerates recovery.

Focus on Long-Term Health

Beyond immediate treatment, the practice emphasizes education and preventive strategies to support sustained spinal health and functional independence.

Convenient and Supportive Environment

The welcoming facilities and efficient patient services contribute to a positive healthcare experience, encouraging adherence to treatment and successful rehabilitation.

Frequently Asked Questions

What services does Friedman Spine & Physical Therapy PC offer?

Friedman Spine & Physical Therapy PC offers a range of services including physical therapy, spine care,

pain management, rehabilitation, and customized treatment plans for musculoskeletal conditions.

Where is Friedman Spine & Physical Therapy PC located?

Friedman Spine & Physical Therapy PC is located in New York, providing specialized spine and physical therapy services to patients in the area.

Does Friedman Spine & Physical Therapy PC accept insurance?

Yes, Friedman Spine & Physical Therapy PC accepts various insurance plans. It is recommended to contact their office directly to confirm if your specific insurance is accepted.

What conditions are treated at Friedman Spine & Physical Therapy PC?

They treat a variety of conditions including back and neck pain, sports injuries, arthritis, post-surgical rehabilitation, and other musculoskeletal disorders.

How can I schedule an appointment at Friedman Spine & Physical Therapy PC?

Appointments can be scheduled by calling their office directly or through their website if online booking is available.

Does Friedman Spine & Physical Therapy PC offer personalized treatment plans?

Yes, they develop personalized treatment plans tailored to each patient's specific condition and recovery goals.

What makes Friedman Spine & Physical Therapy PC stand out from other clinics?

Friedman Spine & Physical Therapy PC is known for its multidisciplinary approach, experienced staff, and focus on combining spine care with physical therapy for comprehensive treatment.

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

Depending on the patient's needs and circumstances, Friedman Spine & Physical Therapy PC may offer telehealth or virtual physical therapy sessions. It's best to inquire directly with the clinic.

Additional Resources

1. *Friedman Spine & Physical Therapy PC: A Comprehensive Guide to Spinal Health*

This book explores the specialized approaches used at Friedman Spine & Physical Therapy PC to treat spinal conditions. It covers diagnostic techniques, innovative therapy methods, and patient success stories. Readers will gain insight into maintaining spinal health and preventing common injuries through targeted physical therapy.

2. *Rehabilitation Strategies at Friedman Spine & Physical Therapy PC*

Focusing on rehabilitation, this book details the protocols and exercises implemented at Friedman Spine & Physical Therapy PC. It discusses personalized treatment plans designed to restore mobility and reduce pain. The text also highlights the importance of patient education and ongoing care in achieving long-term recovery.

3. *Innovations in Physical Therapy: Insights from Friedman Spine & Physical Therapy PC*

This publication presents cutting-edge physical therapy techniques pioneered or refined at Friedman Spine & Physical Therapy PC. It includes discussions on technology integration, manual therapy advancements, and multidisciplinary collaboration. Healthcare professionals will find valuable information for enhancing their practice.

4. *Managing Chronic Back Pain: Approaches by Friedman Spine & Physical Therapy PC*

Chronic back pain can be debilitating, and this book offers a comprehensive overview of Friedman Spine & Physical Therapy PC's methods for managing it. Emphasizing non-invasive treatments, it covers pain management strategies, therapeutic exercises, and lifestyle modifications. Patient testimonials illustrate the effectiveness of these approaches.

5. *The Role of Physical Therapy in Spinal Surgery Recovery at Friedman Spine & Physical Therapy PC*

This book outlines the crucial role physical therapy plays in post-surgical recovery for spine patients. It details pre- and post-operative care protocols practiced at Friedman Spine & Physical Therapy PC, focusing on improving outcomes and reducing complications. Rehabilitation timelines and exercise regimens are thoroughly explained.

6. *Patient-Centered Care Models at Friedman Spine & Physical Therapy PC*

Highlighting the patient-centered philosophy of Friedman Spine & Physical Therapy PC, this book discusses how personalized care improves treatment success. It examines communication strategies, goal setting, and patient engagement techniques. The book serves as a guide for practitioners aiming to enhance patient satisfaction and adherence.

7. *Non-Surgical Solutions for Spinal Disorders: The Friedman Spine & Physical Therapy PC Approach*

This text delves into non-surgical treatment options for spinal disorders as practiced at Friedman Spine & Physical Therapy PC. It covers manual therapy, exercise prescription, and pain management without reliance on surgery. The book advocates for conservative care as a first-line treatment whenever appropriate.

8. *Ergonomics and Injury Prevention: Insights from Friedman Spine & Physical Therapy PC*

Focusing on workplace and daily life ergonomics, this book provides practical advice drawn from Friedman Spine & Physical Therapy PC's expertise. It explains how proper posture, body mechanics, and workspace setup can prevent spinal injuries. The book includes exercises and tips to maintain spinal health in various environments.

9. *Comprehensive Spine Care: Integrating Physical Therapy at Friedman Spine & Physical Therapy PC*

This book offers an integrated view of spine care, combining physical therapy with medical and surgical treatments available at Friedman Spine & Physical Therapy PC. It emphasizes collaboration among healthcare providers to optimize patient outcomes. The text also discusses patient assessment tools and multidisciplinary treatment planning.

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