

sutter physical & hand therapy davis

sutter physical & hand therapy davis is a specialized healthcare service dedicated to improving mobility, reducing pain, and enhancing the overall function of patients with physical and hand-related injuries or conditions. Located in Davis, this facility combines expert physical therapy techniques with advanced hand therapy to provide comprehensive rehabilitation solutions. Patients suffering from sports injuries, post-surgical recovery, arthritis, or repetitive strain disorders can benefit from tailored treatment plans designed to restore strength and dexterity. Utilizing the latest therapeutic modalities and evidence-based practices, Sutter Physical & Hand Therapy Davis ensures optimal patient outcomes through personalized care. This article explores the services offered, conditions treated, and the professional approach that distinguishes Sutter Physical & Hand Therapy Davis in the realm of rehabilitative care.

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Overview of Sutter Physical & Hand Therapy Davis

Sutter Physical & Hand Therapy Davis is a premier rehabilitation center located in Davis, California, specializing in physical therapy and hand therapy services. The facility is staffed by licensed therapists with extensive training in musculoskeletal and neuromuscular disorders, focusing on restoring function and improving quality of life for their patients. The clinic integrates a multidisciplinary approach by combining physical rehabilitation with specialized hand therapy, which addresses complex conditions affecting the upper extremities. With a commitment to patient-centered care, the center emphasizes individualized treatment plans developed through thorough evaluation and continuous progress monitoring.

Location and Accessibility

Conveniently situated in the heart of Davis, the facility is easily accessible to residents and patients from surrounding communities. The center offers ample parking, wheelchair accessibility, and flexible appointment scheduling to accommodate diverse patient needs. This accessibility facilitates consistent attendance and adherence to therapy regimens, which is essential for successful rehabilitation outcomes.

Team of Specialists

The team at Sutter Physical & Hand Therapy Davis comprises licensed physical therapists, certified hand therapists, and support staff trained in the latest rehabilitation protocols. These professionals collaborate closely to ensure comprehensive care, addressing both general physical impairments and specific hand-related dysfunctions with expertise and precision.

Services Offered

Sutter Physical & Hand Therapy Davis provides a wide array of therapeutic services designed to meet the diverse needs of its patients. These services encompass both traditional physical therapy and specialized hand therapy, allowing for targeted treatment based on individual conditions and rehabilitation goals.

Physical Therapy Services

The physical therapy program focuses on enhancing mobility, strength, balance, and overall physical function. Treatments include manual therapy, therapeutic exercises, pain management techniques, and injury prevention strategies. This comprehensive approach assists patients recovering from surgeries, sports injuries, or chronic conditions such as arthritis and back pain.

Hand Therapy Services

Hand therapy at this center is tailored to address injuries and disorders affecting the hands, wrists, and forearms. Services include post-operative rehabilitation, tendon and nerve injury management, splint fabrication, edema control, and custom exercise programs designed to restore dexterity and functional use of the upper extremities.

Additional Specialized Programs

Beyond general therapy, the facility offers specialized programs such as:

- Post-surgical rehabilitation for joint replacements and repairs
- Sports injury rehabilitation
- Ergonomic assessments and workplace injury prevention
- Neurological rehabilitation for stroke and nerve damage patients

Common Conditions Treated

The expertise at Sutter Physical & Hand Therapy Davis extends to a broad spectrum of musculoskeletal and neurological conditions. The clinic's focus on both physical and hand therapy allows it to effectively address a variety of patient needs.

Orthopedic Injuries

Common orthopedic issues treated include fractures, sprains, strains, tendonitis, and ligament injuries. These often result from accidents, sports activities, or repetitive motions and require careful rehabilitation to regain strength and prevent further damage.

Hand and Wrist Disorders

Conditions such as carpal tunnel syndrome, trigger finger, arthritis, Dupuytren's contracture, and nerve compressions are routinely managed. Hand therapy specialists employ targeted interventions to reduce pain, improve function, and facilitate return to daily activities.

Neurological Conditions

The clinic also caters to patients recovering from neurological impairments, including stroke, peripheral neuropathy, and nerve injuries. Tailored therapy plans promote motor recovery, coordination, and sensory reintegration.

Therapeutic Techniques and Technology

Sutter Physical & Hand Therapy Davis integrates advanced therapeutic

techniques and state-of-the-art technology to ensure effective and efficient rehabilitation for all patients.

Manual Therapy and Mobilization

Hands-on techniques such as joint mobilization, soft tissue massage, and myofascial release are employed to improve tissue flexibility, reduce pain, and restore normal movement patterns. These methods are tailored to each patient's condition and progress.

Therapeutic Exercise Programs

Customized exercise regimens focus on strengthening muscles, enhancing endurance, and improving functional mobility. These exercises are progressively adjusted based on patient response and rehabilitation milestones.

Use of Modalities

The center utilizes various modalities to support healing and pain relief, including:

- Ultrasound therapy
- Electrical stimulation
- Cold and heat therapy
- Laser therapy

These modalities complement manual and exercise therapies by promoting circulation, reducing inflammation, and accelerating tissue repair.

Patient Care and Treatment Approach

The approach at Sutter Physical & Hand Therapy Davis is grounded in patient-centered care, emphasizing individualized treatment strategies and active patient participation throughout the rehabilitation process.

Comprehensive Evaluation

Each patient undergoes a thorough evaluation that includes medical history review, physical assessment, functional testing, and goal setting. This

comprehensive assessment informs the development of a personalized treatment plan that addresses specific impairments and patient objectives.

Collaborative Care Planning

Therapists work in collaboration with physicians, surgeons, and other healthcare providers to coordinate care. This multidisciplinary approach ensures that treatment plans are aligned with overall medical management and facilitate optimal recovery.

Patient Education and Empowerment

Education is a critical component of therapy at this center. Patients receive guidance on injury prevention, ergonomic adjustments, home exercise programs, and lifestyle modifications to support long-term health and prevent recurrence of conditions.

Benefits of Choosing Sutter Physical & Hand Therapy Davis

Choosing Sutter Physical & Hand Therapy Davis offers several advantages for patients seeking effective rehabilitation and specialized hand therapy services in the Davis area.

Experienced and Certified Therapists

The center's therapists hold advanced certifications and have extensive experience in treating complex physical and hand conditions, ensuring high-quality care and expert guidance.

Comprehensive and Integrated Care

By offering both physical and hand therapy services under one roof, patients experience seamless and coordinated treatment that addresses all aspects of their rehabilitation needs.

Customized Treatment Plans

Individualized care plans are designed to meet unique patient goals and adapt dynamically to progress, maximizing recovery potential and functional gains.

State-of-the-Art Facilities

The clinic is equipped with modern rehabilitation technology and comfortable treatment environments that support effective therapy and patient comfort.

Convenient Location and Scheduling

Accessibility and flexible appointment options facilitate consistent attendance and adherence to therapy, which are critical for achieving successful outcomes.

Frequently Asked Questions

What services does Sutter Physical & Hand Therapy in Davis offer?

Sutter Physical & Hand Therapy in Davis offers a range of rehabilitation services including physical therapy, hand therapy, occupational therapy, post-surgical rehabilitation, pain management, and specialized treatments for musculoskeletal conditions.

How can I schedule an appointment at Sutter Physical & Hand Therapy Davis?

You can schedule an appointment by calling their clinic directly, visiting their website to book online if available, or obtaining a referral from your physician to initiate the process.

Does Sutter Physical & Hand Therapy Davis accept insurance?

Yes, Sutter Physical & Hand Therapy Davis accepts most major insurance plans. It is recommended to check with the clinic and your insurance provider to confirm coverage and any necessary pre-authorizations.

What are the operating hours of Sutter Physical & Hand Therapy in Davis?

Operating hours may vary, but typically Sutter Physical & Hand Therapy in Davis operates Monday through Friday during standard business hours. It is best to contact the clinic directly for the most accurate and current hours.

Are the therapists at Sutter Physical & Hand Therapy Davis certified specialists?

Yes, the therapists at Sutter Physical & Hand Therapy Davis are licensed and many have specialized certifications in hand therapy and physical rehabilitation to provide high-quality, specialized care.

Can Sutter Physical & Hand Therapy Davis help with post-surgical rehabilitation?

Absolutely, Sutter Physical & Hand Therapy Davis specializes in post-surgical rehabilitation to help patients recover mobility, strength, and function following surgeries, especially those involving the hand, wrist, and upper extremities.

Is there parking available at Sutter Physical & Hand Therapy in Davis?

Yes, there is typically parking available for patients at or near the Sutter Physical & Hand Therapy clinic in Davis. Details about parking can be confirmed by contacting the clinic directly.

What COVID-19 safety measures are in place at Sutter Physical & Hand Therapy Davis?

Sutter Physical & Hand Therapy Davis follows all recommended COVID-19 safety protocols, including mandatory masking, social distancing, enhanced cleaning procedures, and screening of patients and staff to ensure a safe environment.

Can Sutter Physical & Hand Therapy Davis provide telehealth therapy sessions?

Depending on current policies and patient needs, Sutter Physical & Hand Therapy Davis may offer telehealth or virtual therapy sessions. It is best to inquire directly with the clinic to see if this option is currently available.

Additional Resources

1. *Sutter Physical & Hand Therapy: Comprehensive Rehabilitation Techniques*
This book offers an in-depth overview of rehabilitation methods used at Sutter Physical & Hand Therapy. It covers various therapeutic exercises, manual therapy techniques, and patient management strategies. The text is designed for both students and practicing therapists seeking to enhance their clinical skills.

2. Advanced Hand Therapy Practices at Sutter: A Clinical Guide

Focused on hand therapy, this guide delves into specialized treatments for hand injuries and conditions. It includes case studies from Sutter clinics and evidence-based protocols to optimize patient outcomes. Therapists will find valuable insights on splinting, mobilization, and functional restoration.

3. Foundations of Physical Therapy at Sutter: Principles and Applications

This foundational text explains the core principles underlying physical therapy as applied in the Sutter healthcare system. Topics include anatomy, biomechanics, and patient assessment techniques. The book bridges theory with practical application for effective rehabilitation.

4. Innovations in Hand Therapy: Techniques from Sutter Physical & Hand Therapy

Highlighting cutting-edge approaches, this book presents the latest innovations in hand therapy practiced at Sutter. It discusses new technologies, therapeutic modalities, and research findings that are shaping the field. Practitioners will gain knowledge on incorporating these advancements into treatment plans.

5. Patient-Centered Care in Physical and Hand Therapy: The Sutter Approach

This volume emphasizes the importance of individualized care and patient engagement in therapy. It outlines strategies used at Sutter to tailor treatments to patient goals and lifestyles. The book also addresses communication skills and motivational techniques for better adherence.

6. Rehabilitation Protocols for Upper Extremity Injuries: Insights from Sutter Therapists

Providing detailed rehabilitation protocols, this book focuses on upper extremity injuries commonly seen at Sutter clinics. It includes step-by-step guides for recovery from fractures, tendon injuries, and nerve compressions. The protocols integrate manual therapy, exercise, and functional training.

7. Clinical Case Studies in Sutter Physical & Hand Therapy

A collection of real-world case studies demonstrating the application of therapeutic principles at Sutter. Each case includes patient history, assessment, treatment plans, and outcomes. This resource is ideal for students and clinicians seeking practical examples of therapy in action.

8. Ergonomics and Injury Prevention in Hand Therapy: Sutter's Methodologies

This book addresses the role of ergonomics in preventing and managing hand injuries. It details assessment techniques and intervention strategies used by Sutter therapists to reduce workplace injuries. Readers will learn how to design ergonomic programs tailored to individual patient needs.

9. Therapeutic Exercises for Hand and Upper Limb Rehabilitation: Sutter Physical & Hand Therapy Techniques

Focusing on therapeutic exercises, this text provides comprehensive exercise programs for hand and upper limb rehabilitation. It includes illustrations and descriptions to guide therapists and patients through effective routines.

The exercises are designed to improve strength, flexibility, and function.

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