

synergy physical therapy at horizon ridge

synergy physical therapy at horizon ridge represents a premier destination for individuals seeking expert rehabilitation services and personalized care in the Las Vegas area. This facility combines advanced therapeutic techniques with a patient-centered approach to promote recovery, improve mobility, and enhance overall wellness. With a team of licensed physical therapists and state-of-the-art equipment, Synergy Physical Therapy at Horizon Ridge addresses a wide range of musculoskeletal and neurological conditions. Whether recovering from surgery, managing chronic pain, or improving athletic performance, patients receive customized treatment plans designed to meet their unique needs. This article explores the various services offered, the benefits of choosing Synergy Physical Therapy at Horizon Ridge, and what patients can expect throughout their rehabilitation journey. The comprehensive overview will assist prospective patients and their families in understanding why this center stands out in physical therapy care.

- Overview of Synergy Physical Therapy at Horizon Ridge
- Range of Services Provided
- Therapeutic Techniques and Technologies
- Benefits of Choosing Synergy Physical Therapy at Horizon Ridge
- Patient Experience and Care Approach
- Frequently Asked Questions

Overview of Synergy Physical Therapy at Horizon Ridge

Synergy Physical Therapy at Horizon Ridge is a leading rehabilitation center known for delivering high-quality physical therapy services tailored to individual patient needs. Located conveniently in the Horizon Ridge area, the clinic serves a diverse patient population, including athletes, seniors, post-surgical patients, and individuals with chronic conditions. The facility prides itself on a multidisciplinary approach, combining clinical expertise with compassionate care to promote effective healing and functional restoration. The therapists at Synergy Physical Therapy are highly trained professionals who emphasize evidence-based practices and continuous education to stay current with advancements in physical therapy.

Mission and Vision

The mission of Synergy Physical Therapy at Horizon Ridge is to provide comprehensive, patient-focused rehabilitation that maximizes physical function and enhances quality of life. The vision is to be recognized as a trusted leader in physical therapy by delivering innovative, effective treatments in a welcoming environment.

Qualified Team of Therapists

The staff includes licensed physical therapists, certified specialists, and supportive administrative personnel dedicated to ensuring a seamless patient experience. Their expertise covers orthopedics, sports rehabilitation, neurological therapy, and pain management techniques.

Range of Services Provided

Synergy Physical Therapy at Horizon Ridge offers a broad spectrum of therapeutic services designed to address various physical impairments and conditions. These services focus on restoring mobility, reducing pain, and improving strength and endurance through personalized treatment plans.

Orthopedic Physical Therapy

This service targets injuries related to bones, joints, muscles, and ligaments, such as fractures, sprains, and post-operative recovery. Therapists utilize manual therapy, therapeutic exercises, and modalities to restore function and reduce discomfort.

Sports Rehabilitation

Specialized programs are available for athletes recovering from injuries or seeking performance enhancement. These programs include sport-specific conditioning, injury prevention strategies, and biomechanical assessments.

Neurological Rehabilitation

Patients with neurological disorders such as stroke, multiple sclerosis, or Parkinson's disease receive treatments aimed at improving coordination, balance, and motor control. Techniques include gait training, balance exercises, and neuromuscular re-education.

Chronic Pain Management

For individuals suffering from long-term pain conditions, the clinic provides interventions focused on pain relief, functional restoration, and lifestyle modifications to enhance daily living activities.

Therapeutic Techniques and Technologies

Synergy Physical Therapy at Horizon Ridge employs a variety of proven therapeutic methods and modern technologies to optimize patient outcomes. These approaches are selected based on individual assessments and clinical best practices.

Manual Therapy

Hands-on techniques such as joint mobilization, soft tissue massage, and myofascial release are used to improve mobility, decrease pain, and promote tissue healing.

Therapeutic Exercises

Customized exercise programs focus on strengthening, flexibility, endurance, and functional training to support recovery and prevent future injuries.

Modalities

Advanced modalities including ultrasound, electrical stimulation, cold laser therapy, and heat treatments are utilized to reduce inflammation, stimulate healing, and manage pain effectively.

Balance and Gait Training

Specialized equipment and exercises help patients improve stability, coordination, and walking patterns, especially after neurological injuries or surgeries.

Benefits of Choosing Synergy Physical Therapy at Horizon Ridge

Opting for Synergy Physical Therapy at Horizon Ridge offers numerous advantages for patients seeking rehabilitative care. The center's patient-focused model ensures tailored treatments that address the root causes of

physical limitations.

Comprehensive Care

Patients benefit from integrated services that cover all aspects of physical rehabilitation, from acute injury treatment to long-term maintenance programs.

Experienced and Compassionate Staff

The team's expertise and commitment to patient well-being foster a supportive environment conducive to healing and motivation.

State-of-the-Art Facilities

Modern equipment and up-to-date treatment modalities enhance the effectiveness and comfort of therapy sessions.

Individualized Treatment Plans

Each patient receives a customized plan based on thorough assessments, ensuring that goals and progress are closely monitored and adjusted as needed.

Convenient Location and Scheduling

Located in the Horizon Ridge area, the clinic offers flexible appointment times to accommodate busy lifestyles, making access to quality care easier.

Patient Experience and Care Approach

The patient experience at Synergy Physical Therapy at Horizon Ridge is designed to be positive, empowering, and results-driven. From the initial evaluation to discharge, the focus is on clear communication, education, and collaborative goal-setting.

Comprehensive Initial Evaluation

Therapists conduct detailed assessments including medical history review, physical examination, and functional testing to establish baseline status and identify specific needs.

Goal-Oriented Therapy Sessions

Each therapy session is structured to progress toward measurable goals, adapting exercises and techniques to maximize improvement and patient engagement.

Education and Prevention

Patients receive instruction on proper body mechanics, injury prevention strategies, and home exercise programs to support long-term health.

Supportive Environment

The clinic fosters a welcoming atmosphere emphasizing respect, empathy, and encouragement to help patients stay motivated throughout their rehabilitation journey.

Frequently Asked Questions

This section addresses common inquiries related to synergy physical therapy at horizon ridge, helping prospective patients gain clarity on services and expectations.

- **What conditions can be treated?** Synergy Physical Therapy at Horizon Ridge treats a wide range of conditions including orthopedic injuries, sports-related issues, neurological disorders, and chronic pain.
- **How long does therapy typically last?** Duration varies depending on the individual condition and goals, ranging from a few weeks to several months.
- **Is a physician referral required?** Many insurance plans require a referral; however, policies differ, and the clinic staff can assist with verification.
- **What should patients bring to their first appointment?** Patients should bring any relevant medical records, imaging results, and a list of current medications.
- **Are the therapists licensed and certified?** Yes, all therapists at the facility hold valid licenses and many possess specialized certifications in various therapy disciplines.

Frequently Asked Questions

What services does Synergy Physical Therapy at Horizon Ridge offer?

Synergy Physical Therapy at Horizon Ridge offers services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and personalized exercise programs.

Where is Synergy Physical Therapy at Horizon Ridge located?

Synergy Physical Therapy at Horizon Ridge is located in Henderson, Nevada, near the Horizon Ridge Parkway area.

Do I need a referral to visit Synergy Physical Therapy at Horizon Ridge?

No, Synergy Physical Therapy at Horizon Ridge accepts patients without a physician referral, allowing direct access to physical therapy services.

What are the operating hours of Synergy Physical Therapy at Horizon Ridge?

Synergy Physical Therapy at Horizon Ridge typically operates Monday through Friday, from 8:00 AM to 6:00 PM. Hours may vary, so it is recommended to call ahead.

Does Synergy Physical Therapy at Horizon Ridge accept insurance?

Yes, Synergy Physical Therapy at Horizon Ridge accepts most major insurance plans and also offers affordable cash-pay options.

What makes Synergy Physical Therapy at Horizon Ridge different from other clinics?

Synergy Physical Therapy at Horizon Ridge focuses on personalized care, using evidence-based techniques and a multidisciplinary approach to optimize patient recovery.

Can Synergy Physical Therapy at Horizon Ridge help with sports injuries?

Yes, they specialize in treating sports injuries by providing targeted

rehabilitation programs that help athletes return to their activities safely and effectively.

How do I schedule an appointment at Synergy Physical Therapy at Horizon Ridge?

You can schedule an appointment by calling their office directly or by using their online booking system available on their official website.

Are there any patient testimonials available for Synergy Physical Therapy at Horizon Ridge?

Yes, Synergy Physical Therapy at Horizon Ridge features patient testimonials on their website and social media platforms highlighting successful outcomes and positive experiences.

What COVID-19 safety measures are in place at Synergy Physical Therapy at Horizon Ridge?

Synergy Physical Therapy at Horizon Ridge follows strict COVID-19 protocols including enhanced sanitation, social distancing, mask requirements, and screening procedures to ensure patient safety.

Additional Resources

- 1. Healing Hands: The Synergy Physical Therapy Approach at Horizon Ridge*
This book explores the comprehensive methods used by Synergy Physical Therapy at Horizon Ridge to promote healing and recovery. It delves into patient-centered care, innovative treatment techniques, and the importance of personalized therapy plans. Readers gain insight into how physical therapy can restore function and improve quality of life.
- 2. Movement and Recovery: Techniques from Synergy Physical Therapy at Horizon Ridge*
Focusing on the practical aspects of physical therapy, this book highlights various movement-based therapies employed at Synergy Physical Therapy. It covers therapeutic exercises, manual therapy, and technology-assisted treatments designed to enhance mobility and reduce pain. The book is an essential guide for both patients and practitioners.
- 3. Synergy in Motion: Integrative Physical Therapy Practices at Horizon Ridge*
This title emphasizes the integrative approach taken by Synergy Physical Therapy to treat musculoskeletal conditions. It discusses the combination of traditional and modern techniques that work synergistically to optimize patient outcomes. The narrative includes case studies that demonstrate successful rehabilitation stories.

4. Strength and Stability: Building Foundations with Synergy Physical Therapy
A detailed look at how strength training and stability exercises form the backbone of recovery programs at Horizon Ridge's Synergy Physical Therapy. The book explains the science behind muscle conditioning and joint stabilization, providing readers with practical exercises to support long-term health.

5. Beyond Pain: Holistic Rehabilitation at Synergy Physical Therapy, Horizon Ridge

This book offers a holistic perspective on rehabilitation, integrating physical, emotional, and psychological aspects of healing. It highlights how Synergy Physical Therapy addresses pain management through multidisciplinary collaboration and patient education. The approach aims to empower patients for sustained wellness.

6. Rehabilitation Revolution: Innovations at Synergy Physical Therapy, Horizon Ridge

Detailing the latest technological advancements and innovative treatment protocols, this book captures the cutting-edge practices at Synergy Physical Therapy. It covers topics such as digital assessment tools, tele-rehabilitation, and personalized therapy programs that revolutionize patient care.

7. Pathways to Mobility: Patient Success Stories from Synergy Physical Therapy

Through a collection of inspiring patient testimonials, this book showcases the transformative impact of Synergy Physical Therapy at Horizon Ridge. Each story illustrates the challenges faced and the triumphs achieved through dedicated therapy and professional support, offering motivation to readers.

8. Core Concepts in Physical Therapy: Insights from Synergy Horizon Ridge

A foundational text that explains key concepts in physical therapy as practiced at Synergy Horizon Ridge. The book covers anatomy, physiology, therapeutic techniques, and clinical reasoning, making it a valuable resource for students and new practitioners entering the field.

9. Customized Care: Tailoring Physical Therapy at Synergy Horizon Ridge

This book focuses on the importance of personalized treatment plans in physical therapy. It details how Synergy Physical Therapy evaluates individual patient needs and adapts interventions accordingly to maximize effectiveness. The narrative underscores the value of patient engagement and collaboration in recovery.

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