



Standard Treatment Protocol

At Health Motion Physical Therapy we have established a Standard Treatment Protocol. This standard ensures that **every visit the patient receives a 30-minute manual physical therapy session** from their physical therapist, followed by specific modalities and then exercises targeted at their exact phase and step of their treatment plan.

STEP 1: Manual Treatment

A licensed physical therapist administers specific and specialized manual physical therapy techniques to attack the source of the problem the patient's body is experiencing. This is usually a very intensive endeavor, but very rewarding. During this 30 minute treatment session the physical therapist will also make sure the patient is educated on what is happening with their body and the specific actions that will expedite their recovery and also what will regress their case. Once manual treatment is completed the physical therapist will review the patient's standard treatment protocol and create a program of modalities and exercises that are to be performed.

STEP 2: Modality Treatment

A trained technician, under indirect supervision of the physical therapist, administers the programmed modalities to assist the body's healing process. The benefits from using modalities are; decreased swelling, spasm inflammation and pain; increased circulation and muscle recruitment. Modalities include heat, short wave diathermy, electric muscle stimulation, ultrasound, cryo-therapy and phono/Iontophoresis.

STEP 3: Functional / Exercise Treatment

A trainer will deliver a customized exercise program that is indexed and graphed specifically for the patient and is based on the muscle recruitment, strength growth, endurance and agility needed. The trainer will measure the patient's progress and provide them with valuable information about their capabilities and potential. The trainer will also provide and educate the patient on additional home activities needed to expedite the patient's full recovery.

Our Standard Treatment Protocol ensures that each patient is receiving a very high level of personal attention and the optimum care necessary to quickly progress their treatment and achieve their goals. Each step in the standard treatment protocol is programmed according to the precise evaluation of the patient's case by their physical therapist and the patient's current phase and step on the Scale of Function.

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