

2 pond park hingham ma physical therapy

2 pond park hingham ma physical therapy offers comprehensive rehabilitation services designed to improve mobility, reduce pain, and enhance overall physical function for residents of Hingham, Massachusetts. This facility is known for its personalized treatment plans that address a wide range of musculoskeletal, neurological, and post-surgical conditions. Utilizing state-of-the-art equipment and evidence-based techniques, 2 Pond Park Hingham MA physical therapy aims to support patients throughout their recovery journey. The clinic's team of licensed physical therapists is dedicated to delivering expert care tailored to each individual's unique needs. This article explores the various services available, the benefits of physical therapy, and what patients can expect when choosing 2 Pond Park Hingham MA physical therapy for their rehabilitation needs. Detailed information about treatment approaches, patient experiences, and facility features will provide a clear understanding of the quality care offered at this location.

- Overview of 2 Pond Park Hingham MA Physical Therapy Services
- Conditions Treated at 2 Pond Park Hingham MA Physical Therapy
- Benefits of Physical Therapy in Hingham, MA
- Patient Experience and Treatment Approach
- Facility Features and Location Advantages

Overview of 2 Pond Park Hingham MA Physical Therapy Services

2 Pond Park Hingham MA physical therapy provides a broad spectrum of rehabilitation services that cater to diverse patient needs. The clinic specializes in therapeutic interventions that promote healing, restore function, and prevent future injuries. Services include manual therapy, therapeutic exercise, neuromuscular re-education, and pain management techniques. The physical therapists at this facility employ individualized assessment protocols to develop customized treatment plans that align with patient goals and medical histories. Additionally, the clinic incorporates advanced modalities such as ultrasound therapy, electrical stimulation, and balance training to enhance treatment effectiveness.

Comprehensive Evaluation and Assessment

Each patient undergoes a thorough initial evaluation at 2 Pond Park Hingham MA physical therapy to determine the root cause of their condition. This assessment includes a detailed review of medical history, physical examination, and functional movement analysis. The evaluation process ensures that therapists can identify impairments, functional limitations, and participation restrictions. Based on these findings, a targeted treatment plan is created to address specific issues and optimize recovery outcomes.

Customized Treatment Plans

Treatment plans at 2 Pond Park Hingham MA physical therapy are uniquely tailored to each patient's condition, lifestyle, and rehabilitation goals. These plans may include a combination of therapeutic exercises, manual therapy techniques, and patient education. Therapists continuously monitor progress and adjust interventions accordingly to maximize benefits. This individualized approach is designed to facilitate faster recovery and long-term health improvements.

Conditions Treated at 2 Pond Park Hingham MA Physical Therapy

The clinic at 2 Pond Park Hingham MA physical therapy manages a wide array of conditions affecting the musculoskeletal and neurological systems. Their expertise covers post-operative rehabilitation, sports injuries, chronic pain syndromes, and neurological disorders. Patients benefit from evidence-based treatments that address both acute injuries and chronic conditions, enabling improved function and quality of life.

Orthopedic and Sports Injuries

Common orthopedic conditions treated include ligament sprains, tendonitis, fractures, joint replacements, and muscle strains. The clinic also specializes in sports-related injuries such as rotator cuff tears, ACL injuries, and ankle sprains. Rehabilitation focuses on restoring strength, flexibility, and joint stability to facilitate a safe return to daily activities or athletic performance.

Neurological Rehabilitation

Patients with neurological impairments such as stroke, Parkinson's disease, multiple sclerosis, and peripheral neuropathy receive specialized care at 2 Pond Park Hingham MA physical therapy. Therapists employ techniques to improve motor control, balance, coordination, and functional mobility. The

goal is to enhance independence and reduce disability associated with neurological conditions.

Post-Surgical Rehabilitation

Recovery following surgical procedures is a key focus at the clinic. Physical therapy protocols are designed to reduce post-operative pain, improve range of motion, and accelerate functional recovery. Whether patients have undergone joint replacement, spinal surgery, or soft tissue repair, 2 Pond Park Hingham MA physical therapy provides structured rehabilitation programs that support optimal healing.

Benefits of Physical Therapy in Hingham, MA

Accessing physical therapy services at 2 Pond Park Hingham MA physical therapy provides numerous benefits that contribute to overall health and wellness. These advantages extend beyond injury recovery to include prevention, education, and long-term physical maintenance. Patients often experience improved mobility, reduced pain, and enhanced quality of life through professional rehabilitation care.

Pain Reduction and Management

One of the primary benefits of physical therapy is effective pain management without reliance on medications. Therapists utilize manual techniques, therapeutic modalities, and exercise prescriptions to alleviate pain caused by injury, surgery, or chronic conditions. This approach supports natural healing and reduces the risk of medication side effects.

Improved Mobility and Function

Physical therapy interventions at 2 Pond Park Hingham MA physical therapy focus on restoring joint flexibility, muscle strength, and overall functional capacity. Enhanced mobility enables patients to perform daily tasks with greater ease and independence, contributing to a more active lifestyle.

Injury Prevention and Education

Besides treatment, physical therapy includes patient education on proper body mechanics, posture, and ergonomics. These educational components help prevent future injuries and promote long-term musculoskeletal health. Patients learn exercises and strategies to maintain optimal physical condition and avoid re-injury.

Patient Experience and Treatment Approach

At 2 Pond Park Hingham MA physical therapy, patient-centered care is a foundational principle. The clinical team emphasizes clear communication, compassionate support, and collaborative goal-setting. This treatment philosophy ensures that patients remain actively engaged in their recovery process.

Collaborative Goal Setting

Therapists work closely with patients to establish realistic and measurable goals tailored to individual needs. Collaborative goal setting fosters motivation and provides clear benchmarks for progress evaluation. This approach enhances patient satisfaction and treatment adherence.

Ongoing Progress Monitoring

Regular assessments throughout the rehabilitation program enable therapists to track improvements and modify interventions as necessary. Continuous monitoring ensures that therapy remains effective and aligned with evolving patient conditions and objectives.

Supportive Therapeutic Environment

The clinic environment at 2 Pond Park Hingham MA physical therapy is designed to be welcoming and supportive. Patients benefit from a friendly atmosphere that encourages open communication and comfort during treatment sessions.

Facility Features and Location Advantages

2 Pond Park Hingham MA physical therapy is conveniently located in Hingham, Massachusetts, offering easy access for local residents and surrounding communities. The facility is equipped with modern rehabilitation equipment and comfortable treatment spaces that enhance the therapeutic experience.

State-of-the-Art Equipment

The clinic utilizes advanced technology and therapeutic devices to support a wide range of treatment modalities. Equipment includes resistance training machines, balance boards, ultrasound units, and electrical stimulation devices, all aimed at providing effective therapy interventions.

Convenient Location and Accessibility

Situated at 2 Pond Park in Hingham, the physical therapy center is easily accessible by car and public transportation. Ample parking and ADA-compliant facilities make it convenient for patients with varying mobility levels to attend appointments.

Experienced and Licensed Staff

The team at 2 Pond Park Hingham MA physical therapy consists of experienced, licensed physical therapists dedicated to delivering high-quality care. Their ongoing professional development ensures that the latest evidence-based practices are integrated into patient treatment plans.

- Personalized rehabilitation programs
- Comprehensive treatment for diverse conditions
- Modern facilities and advanced therapeutic equipment
- Convenient location in Hingham, MA
- Experienced and compassionate clinical staff

Frequently Asked Questions

What types of physical therapy services are offered at 2 Pond Park in Hingham, MA?

2 Pond Park in Hingham, MA offers a variety of physical therapy services including orthopedic rehabilitation, sports injury therapy, post-surgical recovery, and pain management treatments tailored to individual patient needs.

Is 2 Pond Park in Hingham, MA accepting new patients for physical therapy?

Yes, 2 Pond Park in Hingham, MA is currently accepting new patients for physical therapy services. It is recommended to contact the clinic directly to schedule an appointment.

What are the operating hours for the physical therapy clinic at 2 Pond Park, Hingham, MA?

The physical therapy clinic at 2 Pond Park in Hingham, MA typically operates Monday through Friday from 8:00 AM to 5:00 PM. Hours may vary, so it's best to check with the clinic for the most up-to-date schedule.

Does 2 Pond Park physical therapy accept insurance in Hingham, MA?

Yes, the physical therapy clinic at 2 Pond Park in Hingham, MA accepts most major insurance plans. Patients are advised to verify their coverage with the clinic prior to starting treatment.

Are there specialized physical therapists at 2 Pond Park in Hingham, MA?

Yes, the clinic at 2 Pond Park employs licensed physical therapists with specialties in areas such as sports medicine, orthopedic therapy, neurological rehabilitation, and pediatric physical therapy.

How can I schedule an appointment for physical therapy at 2 Pond Park in Hingham, MA?

Appointments for physical therapy at 2 Pond Park in Hingham, MA can be scheduled by calling the clinic directly or through their online booking system available on their official website.

What COVID-19 safety measures are in place at the 2 Pond Park physical therapy clinic in Hingham, MA?

The 2 Pond Park physical therapy clinic follows CDC guidelines including mandatory mask-wearing, social distancing, frequent sanitization, and health screenings to ensure patient and staff safety during the COVID-19 pandemic.

Can physical therapy at 2 Pond Park in Hingham, MA help with chronic pain management?

Yes, the physical therapists at 2 Pond Park in Hingham, MA provide customized treatment plans that focus on managing and reducing chronic pain through therapeutic exercises, manual therapy, and education.

Is parking available at 2 Pond Park for physical therapy patients in Hingham, MA?

Yes, there is ample parking available at 2 Pond Park for patients visiting

the physical therapy clinic in Hingham, MA, making it convenient for appointments.

Additional Resources

1. *Healing Waters: The Role of Aquatic Therapy in Physical Rehabilitation*

This book explores the benefits of aquatic therapy, a popular treatment offered at facilities like 2 Pond Park in Hingham, MA. It covers techniques used in water-based physical therapy, patient case studies, and the science behind how water aids recovery. Ideal for both practitioners and patients interested in alternative rehabilitation methods.

2. *Physical Therapy Innovations at 2 Pond Park: A Hingham Success Story*

Focusing on the cutting-edge treatments and patient care approaches at 2 Pond Park, this book highlights the clinic's journey to becoming a leader in physical therapy. It includes interviews with therapists, patient testimonials, and insights into the latest rehabilitation technology used in the Hingham area.

3. *Manual Therapy Techniques: A Guide for Practitioners in Hingham, MA*

This comprehensive guide details manual therapy methods commonly used in physical therapy clinics such as 2 Pond Park. It provides step-by-step instructions, anatomical illustrations, and case studies to help therapists improve patient outcomes through hands-on treatment.

4. *Rehabilitation After Injury: Strategies from 2 Pond Park Physical Therapy*

Designed for patients and therapists alike, this book outlines effective rehabilitation protocols for common injuries treated at 2 Pond Park. It emphasizes personalized care plans, exercises, and motivational strategies to enhance recovery and prevent future injuries.

5. *Integrative Approaches to Physical Therapy in Coastal Communities*

Highlighting the unique needs of coastal populations like Hingham, MA, this book examines how physical therapy practices adapt to local lifestyles and environmental factors. It includes examples from 2 Pond Park and other regional clinics focusing on integrative care.

6. *Sports Injury Prevention and Recovery: Insights from Hingham's 2 Pond Park Clinic*

This title delves into sports-related injuries and the prevention techniques promoted by physical therapists at 2 Pond Park. It covers conditioning exercises, injury risk assessment, and rehabilitation strategies tailored for athletes of all levels.

7. *Patient-Centered Care in Physical Therapy: Lessons from 2 Pond Park*

Focusing on the importance of individualized treatment, this book discusses how 2 Pond Park implements patient-centered care models to improve satisfaction and outcomes. It explores communication techniques, goal setting, and collaborative therapy planning.

8. *Advances in Neurological Physical Therapy: Case Studies from Hingham*

This book presents recent developments in neurological physical therapy with case studies from clinics such as 2 Pond Park. It addresses therapies for stroke, Parkinson's disease, and other neurological conditions, emphasizing innovative approaches and technology.

9. *Functional Movement and Balance Training: A Comprehensive Guide*

Covering essential techniques for restoring movement and balance, this guide is beneficial for physical therapists working at places like 2 Pond Park in Hingham. It includes exercise programs, assessment tools, and tips for enhancing patient mobility and independence.

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2 pond park hingham ma physical therapy: Reclaiming the Maimed R. Tait McKenzie, 2015-06-26 Excerpt from *Reclaiming the Maimed: A Handbook of Physical Therapy* In the following pages I have endeavored to put in small compass a description of the means that have been potent in putting back into active military service nearly half of those men wounded or otherwise disabled in action, who had climbed with decreasing speed the uphill road to recovery that too often halts at permanent invalidism. This work is founded on an experience of over a year as Medical Officer, in charge of the Command Depot at Heaton Park, Manchester, and as Inspector of similar institutions for the treatment of convalescents, founded by the War Office throughout the British Isles. This

experience was added to by a tour of inspection of the Canadian Convalescent Hospitals, established by the Military Hospitals Commission, for the purpose of standardizing the teaching and practice of physical therapy. My thanks are due, and gladly given, to Sir Alfred Keogh, G.C.B., Director General of Medical Services, whose foresight and energy made this work possible in Britain and whose sympathetic support helped it over the difficult stages of organization, to proved efficiency. To the practical common sense and unbounded activity of Sir Robert Jones, K.C.B., Inspector of Military Orthopedics, who founded the chain of orthopedic centers, to which curative workshops are attached, I owe much, received during our association in the inspection of hospitals and camps. To Doctor R. Fortescue Fox I am indebted for assistance in establishing the Hydro at Heaton Park. About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works.

2 pond park hingham ma physical therapy: Quick Reference Dictionary for Physical Therapy Jennifer Bottomley, 2024-06-01 Quick Reference Dictionary for Physical Therapy has been revised and updated into a Third Edition to include the latest information in the field of physical therapy. This reference book, designed specifically for the physical therapy and physical therapist assistant student and practitioner, provides a magnitude of terms, definitions, guidelines, and references essential to the field. This Third Edition provides quick access to over 3400 words and their definitions that are encountered on a day-to-day basis (400 more than the previous edition). There are also 41 appendices in this user-friendly, pocket-sized reference where you can find information such as lists of general acronyms and abbreviations for words commonly used in physical therapy/rehabilitation; commonly used acronyms for evaluative tests and measures; and definitions of impairment, disability, and handicap as established and accepted by the World Health Organization. What is new inside the Third Edition: • More than 100 new abbreviations and acronyms • Updated Code of Ethics for the Physical Therapist • A new Drug Prescribing and Elimination Abbreviations appendix • Updates to suggested readings Quick Reference Dictionary for Physical Therapy, Third Edition is the perfect, pocket size, affordable companion for school, clinical affiliations, and physical therapy practice.

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2 pond park hingham ma physical therapy: Quick Reference to Physical Therapy Julie A. Pauls, Kathryn L. Reed, 2004 Provides a synopsis of the diseases, disorders and dysfunctions referenced in the physical therapy literature. The format used gives all therapists, whether, they are students, clinicians, educators, or researchers, quick access to the information needed to assess, educate, and treat clients.

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2 pond park hingham ma physical therapy: Clinical Cases in Physical Therapy Mark A. Brimer, Michael L. Moran, 2004 In the second edition of this reference, students will learn the critical skill of clinical decision-making by reading about real-life case scenarios along with a description of the course of action to follow and direct insight into the process. With brand new

cases covering both typical and rare issues, the readers can learn from the successes and mistakes of their colleagues. The content is presented in a format following the elements of patient/client management from *Guide to Physical Therapist Practice, 2nd Edition* (J2001, APTA), the standard for physical therapy practice. Each example includes learning objectives, guiding questions, discussion, and references and corresponds to one or more of the four preferred practice patterns (Musculoskeletal, Neuromuscular, Cardiovascular/Pulmonary, and Integumentary) as outlined by the Guide. The variety in type of cases offered makes this resource appropriate for use with students over the span of a course as well as for clinicians wishing to work through more challenging patient scenarios. Content utilizing current terminology reflects trends in current practice and familiarizes readers with the structure of the *Guide to Physical Therapist Practice, 2nd Edition*. The real-life examples expose students to a range of both unusual and familiar clinical experiences they might not face in their studies, as well as enabling current clinicians to learn from their colleagues' experiences. Input from both a clinician and a professor provides a nice blend of clinical experience and educational insight. All cases are new, 46 in all, compiled from real-life scenarios experienced by physical therapy practitioners. Content includes more detailed information in areas such as patients, personal histories, culture, environment, and lifestyle. New topics encompass a broad range of issues, including documentation, women's health, clinical education, ethics, and assistive technology. Evidence-based examples and additional references meet the curriculum standards for physical therapy education. Pedagogical features, such as learning objectives, guiding questions, photos and illustrations, make the reference useful in the educational setting. In response to the guidelines featured in the Guide, cases are now formatted to follow elements of patient/client management, including physical therapy diagnoses stated as preferred practice patterns.

2 pond park hingham ma physical therapy: Therapeutic Exercise Prescription Kim Dunleavy, Amy Kubo Slowik, 2018-11-26 Dunleavy and Slowik's *Therapeutic Exercise Prescription* delivers on everything you need from a core therapeutic exercise text. This all-new, full-color text combines evidence-based content, theoretical concepts, AND practical application to provide a robust understanding of therapeutic exercise. Using an approachable, easy-to-follow writing style, it introduces foundational concepts, discusses how to choose the right exercises, and guides you in developing goals for treatment. Coverage also includes the examination process and specific ways to choose, monitor, and evaluate the most effective exercise. Each exercise in the text is presented with progressions - a unique feature that's exclusive to this title - to give you an understanding of how the exercise(s) may change from the initial phase of exercise prescription to the functional recovery stage. In addition to its highly-digestible format, this text also boasts case studies, practical discussions, and engaging online videos to provide you with the most dynamic and effective learning experience. UNIQUE! Clinical reasoning approach to exercise selection, modification, instruction, and progression provides a framework to help you master all aspects of therapeutic exercise, from the initial exercise prescription to the functional recovery stage. Emphasis on patient safety and precautions includes the use of the ICF model, as well as coverage of tissue healing and biometrics. UNIQUE! Clinical case examples provide practical examples in a succinct compare and contrast format to help you build clinical reasoning skills and learn to apply theory to practice. Full case studies cover all the regions of the body as well as each of the mobility-, trauma-, and psychologically-informed concepts. Discussion questions and answers at the end of each case study and at the end each chapter help you assimilate and use your existing knowledge and help prepare you for the types of critical thinking you will be required to do in practice. UNIQUE! Integrated content builds from foundational concepts, with reinforcement throughout the book using illustrations and explanations of important concepts. UNIQUE! Discussion of broad categories, such as extremes of mobility impairments, types of trauma, and presence of psychological impairments, strengthen your understanding. UNIQUE! Detailed exercise depictions include teaching tips with instruction examples, common errors to correct, and methods to prevent or address compensations. UNIQUE! Workbook format features comprehensive coverage of exercise examples with alternatives and progressions.

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