## cpmc davies physical therapy

**cpmc davies physical therapy** is a leading provider of rehabilitation services known for its comprehensive approach to physical health and recovery. This facility specializes in personalized treatment plans designed to help patients regain mobility, reduce pain, and enhance overall functionality. With a team of experienced therapists and state-of-the-art equipment, CPMC Davies Physical Therapy offers a wide range of services tailored to meet individual needs. Patients benefit from evidence-based techniques, advanced therapeutic exercises, and innovative modalities that promote efficient healing. This article explores the key aspects of CPMC Davies Physical Therapy, including its services, patient care philosophy, treatment approaches, and unique features that set it apart. Readers will gain a thorough understanding of what makes this center a preferred choice for physical therapy and rehabilitation.

- Overview of CPMC Davies Physical Therapy
- · Services Offered
- Patient Care and Treatment Approach
- Conditions Treated
- Therapist Expertise and Team
- Facilities and Technology
- Insurance and Accessibility

## **Overview of CPMC Davies Physical Therapy**

CPMC Davies Physical Therapy is a renowned rehabilitation center dedicated to providing high-quality physical therapy services. Situated within a well-established medical framework, it integrates multidisciplinary care to support patient recovery. The facility emphasizes a patient-centered approach, focusing on individualized treatment protocols that address specific health concerns and goals. By combining clinical expertise with modern therapy techniques, CPMC Davies Physical Therapy ensures optimal outcomes for diverse patient populations. Its reputation is built on consistent, measurable improvements in mobility, strength, and pain management.

#### **Services Offered**

The range of services provided by CPMC Davies Physical Therapy covers various aspects of musculoskeletal and neurological rehabilitation. These services are designed to facilitate recovery from injuries, surgeries, and chronic conditions through targeted therapeutic

interventions.

#### **Orthopedic Physical Therapy**

This service focuses on treating injuries and disorders related to bones, joints, muscles, ligaments, and tendons. Common treatments include post-surgical rehabilitation, fracture recovery, and management of conditions such as arthritis and tendonitis.

#### **Neurological Rehabilitation**

CPMC Davies Physical Therapy offers specialized programs for patients affected by neurological conditions like stroke, multiple sclerosis, Parkinson's disease, and spinal cord injuries. Therapists employ neuroplasticity techniques to enhance functional recovery.

### **Sports Rehabilitation**

Tailored for athletes, this service aims to restore performance levels and prevent future injuries. It includes strength training, flexibility exercises, and sport-specific conditioning.

#### **Manual Therapy and Pain Management**

Hands-on techniques such as joint mobilization and soft tissue massage are used to alleviate pain, improve joint function, and expedite healing processes.

#### **Balance and Vestibular Therapy**

Designed for patients experiencing dizziness, balance disorders, or vertigo, this therapy improves stability and reduces fall risk through specialized exercises.

- Orthopedic Physical Therapy
- Neurological Rehabilitation
- Sports Rehabilitation
- Manual Therapy and Pain Management
- Balance and Vestibular Therapy

### **Patient Care and Treatment Approach**

CPMC Davies Physical Therapy prioritizes a holistic and evidence-based approach to patient care. Each treatment plan is customized following a comprehensive evaluation that includes physical assessments, medical history review, and goal setting. Therapists collaborate closely with patients to develop realistic recovery objectives and adapt interventions based on progress.

#### **Comprehensive Evaluations**

Initial assessments at CPMC Davies Physical Therapy involve detailed analysis of movement patterns, strength, flexibility, and pain levels. This process identifies underlying dysfunctions and guides treatment decisions.

#### **Individualized Treatment Plans**

Therapy regimens are tailored to address specific impairments and enhance functional abilities. This personalized care model optimizes recovery speed and effectiveness.

#### **Patient Education and Empowerment**

Education is a fundamental component, enabling patients to understand their conditions and engage actively in the rehabilitation process. This fosters long-term wellness and injury prevention.

#### **Progress Monitoring and Adjustments**

Regular evaluations ensure that treatment remains aligned with patient needs, allowing therapists to modify techniques and intensity as necessary.

### **Conditions Treated**

CPMC Davies Physical Therapy addresses a broad spectrum of conditions affecting various body systems. The center's expertise extends to both acute injuries and chronic disorders, facilitating comprehensive recovery.

- Post-operative rehabilitation (e.g., knee replacement, rotator cuff repair)
- Sports-related injuries (e.g., sprains, strains, tendon injuries)
- Neurological impairments (e.g., stroke recovery, neuropathies)
- Chronic pain syndromes (e.g., fibromyalgia, arthritis)

- Balance and vestibular dysfunction
- Work-related musculoskeletal disorders

By targeting these diverse conditions, CPMC Davies Physical Therapy supports patients in regaining independence and improving quality of life.

### Therapist Expertise and Team

The success of CPMC Davies Physical Therapy is largely attributed to its highly skilled and multidisciplinary team. Therapists possess advanced degrees, certifications, and extensive clinical experience relevant to various rehabilitation specialties.

#### **Licensed Physical Therapists**

All therapists are licensed professionals trained in the latest physical therapy techniques and evidence-based practices. Their expertise ensures safe and effective treatment.

#### **Specialized Certifications**

Many team members hold certifications in orthopedic manual therapy, sports rehabilitation, neurological rehabilitation, and vestibular therapy, enhancing the quality of care provided.

#### **Collaborative Care Model**

The team works in coordination with physicians, surgeons, and other healthcare providers to ensure integrated patient management.

#### **Continuing Education**

Therapists regularly pursue ongoing education to stay abreast of advancements in physical therapy, maintaining the highest standards of clinical excellence.

## **Facilities and Technology**

CPMC Davies Physical Therapy is equipped with cutting-edge technology and modern facilities designed to support diverse therapeutic interventions. The environment is conducive to patient comfort and efficient rehabilitation.

#### State-of-the-Art Equipment

Equipment includes advanced therapeutic modalities such as electrical stimulation, ultrasound, laser therapy, and computerized balance training systems.

#### **Exercise and Training Areas**

Dedicated spaces for strength training, flexibility exercises, and functional movement practice enable comprehensive rehabilitation programs.

### **Accessibility and Comfort**

The facility is designed to accommodate patients with varying mobility levels, ensuring safe and comfortable access to services.

### **Sanitation and Safety Protocols**

Strict hygiene measures and safety protocols are maintained to protect patients and staff during treatments.

## **Insurance and Accessibility**

CPMC Davies Physical Therapy accepts a broad range of insurance plans, facilitating access to quality rehabilitation services. The center's administrative team assists patients in understanding coverage and navigating insurance processes.

#### **Insurance Plans Accepted**

The facility works with major insurance providers, including Medicare and private health plans, to minimize out-of-pocket expenses for patients.

#### **Referral and Appointment Process**

Patients can obtain therapy services through physician referrals or direct access, depending on state regulations and insurance requirements.

#### **Location and Transportation**

CPMC Davies Physical Therapy is conveniently located with accessible public transportation options and ample parking, enhancing patient convenience.

#### Flexible Scheduling

Extended hours and appointment flexibility accommodate diverse patient schedules and needs.

### **Frequently Asked Questions**

# What types of physical therapy services are offered at CPMC Davies?

CPMC Davies offers a range of physical therapy services including orthopedic rehabilitation, sports injury recovery, post-surgical rehabilitation, neurological therapy, and pain management.

# How can I schedule an appointment for physical therapy at CPMC Davies?

You can schedule an appointment at CPMC Davies by calling their main phone number, visiting their website to request an appointment online, or getting a referral from your primary care physician.

#### **Does CPMC Davies Physical Therapy accept insurance?**

Yes, CPMC Davies Physical Therapy accepts most major insurance plans. It is recommended to verify with your insurance provider and the clinic directly to confirm coverage.

# What makes CPMC Davies Physical Therapy unique compared to other clinics?

CPMC Davies Physical Therapy is known for its personalized treatment plans, experienced therapists, integration with other medical services at California Pacific Medical Center, and use of advanced therapeutic techniques.

# Are there specialized programs at CPMC Davies for athletes?

Yes, CPMC Davies offers specialized sports rehabilitation programs tailored to athletes recovering from injuries or looking to enhance performance and prevent future injuries.

# What COVID-19 safety protocols are in place at CPMC Davies Physical Therapy?

CPMC Davies follows strict COVID-19 safety protocols including mandatory mask-wearing, social distancing, enhanced cleaning procedures, and screening of patients and staff to ensure a safe environment.

# Can pediatric patients receive physical therapy at CPMC Davies?

CPMC Davies primarily focuses on adult physical therapy services. For pediatric physical therapy, patients may be referred to specialized pediatric therapy centers.

# What should I expect during my first physical therapy session at CPMC Davies?

During your first session, the therapist will perform an evaluation including medical history review, physical assessments, and discuss your goals to develop a personalized treatment plan.

# Does CPMC Davies offer telehealth physical therapy sessions?

Yes, CPMC Davies offers telehealth physical therapy sessions for certain conditions, allowing patients to receive care remotely through video consultations.

#### **Additional Resources**

- 1. Comprehensive Guide to CPMC Davies Physical Therapy Techniques
  This book offers an in-depth exploration of the physical therapy methods employed at CPMC Davies. It covers assessment protocols, treatment plans, and patient management strategies tailored to various musculoskeletal and neurological conditions. With detailed illustrations and case studies, it serves as a practical resource for both students and practicing therapists.
- 2. Rehabilitation Strategies at CPMC Davies: A Clinical Approach
  Focusing on rehabilitation, this text outlines the clinical approaches used at CPMC Davies to restore patient function and mobility. It discusses evidence-based practices, interdisciplinary collaboration, and innovative therapeutic exercises. The book emphasizes patient-centered care and outcome measurement to ensure effective recovery.
- 3. Manual Therapy Principles in the CPMC Davies Physical Therapy Program
  This book delves into manual therapy techniques practiced at CPMC Davies, including joint mobilization, soft tissue manipulation, and myofascial release. It provides step-by-step guidance and highlights the physiological benefits of hands-on treatment. The content is designed to enhance the skills of clinicians seeking advanced manual therapy knowledge.
- 4. Neurological Rehabilitation at CPMC Davies: Techniques and Case Studies
  Centered on neurological physical therapy, this book presents specialized techniques used at CPMC Davies for patients with stroke, spinal cord injuries, and neurodegenerative diseases. It features comprehensive case studies demonstrating tailored interventions and progress tracking. The text aims to equip therapists with tools to improve neuroplasticity and functional independence.
- 5. Orthopedic Physical Therapy Practices at CPMC Davies

This title covers orthopedic conditions commonly treated at CPMC Davies, including fractures, joint replacements, and sports injuries. It discusses assessment, therapeutic exercises, and post-surgical rehabilitation protocols. The book integrates current research with practical applications to optimize patient outcomes.

#### 6. Pediatric Physical Therapy Approaches at CPMC Davies

This resource focuses on physical therapy services provided to pediatric patients at CPMC Davies. It addresses developmental milestones, common pediatric disorders, and family-centered care models. The book includes intervention strategies designed to promote growth, coordination, and functional abilities in children.

7. CPMC Davies Pain Management and Physical Therapy Integration

Exploring the intersection of pain management and physical therapy, this book explains how CPMC Davies incorporates multimodal strategies to alleviate chronic and acute pain. It includes techniques such as therapeutic exercise, manual therapy, and patient education. The text highlights the importance of addressing biopsychosocial factors in treatment plans.

8. Evidence-Based Practice in CPMC Davies Physical Therapy

This book emphasizes the role of research and evidence-based practice in shaping physical therapy protocols at CPMC Davies. It guides readers through critical appraisal of literature, clinical decision-making, and implementation of best practices. The aim is to foster a culture of continuous learning and improved patient care.

9. Functional Movement and Gait Analysis at CPMC Davies

Focusing on functional movement assessments, this book describes gait analysis techniques and intervention strategies used at CPMC Davies. It highlights the importance of biomechanical evaluation in diagnosing movement disorders and planning rehabilitation. The text is valuable for therapists aiming to enhance mobility and functional independence in their patients.

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cpmc davies physical therapy: Case Management in Healthcare Peggy Rossi, 1999 Case Management in Health Care is a comprehensive reference designed to educate nurses and other health care professionals on the processes involved in case management. This reference discusses interventions and collaboration efforts that are necessary to move the patient through the continuum of care. It explores the changes in case management and it explains the financial, legal, and service aspects of this field. It is appropriate for nursing students (undergraduate and graduate) as well as for practicing case managers. • Focuses on the most current topics that are based on the changes and trends in case management and health care. • Addresses health care policies, laws and regulations as they apply to a case manager's day-to-day responsibilities. • Presents the basics on health insurance and the alternate funding programs equipping case managers to become active advocates for their patients. • Explores the pitfalls and barriers frequently encountered when locating appropriate patient resources, and explains how to overcome them. • Discusses various levels of care and treatment settings outside the acute care setting (ex. skilled nursing facility and home health care). • Explains the increasing number of case management models that are being used in various clinical settings. • Compares the roles and responsibilities of a utilization manager and a case manager, emphasizing the need for their collective efforts in providing quality patient care. • Case Management and Technology, focuses on systems support, technology tools and resources, meaningful reporting, using the Internet, and video conferencing in relation to effectively serving patients. • Quality Management for Case Managers, covers guidelines for guality management, organization standards and practices, accountability, increasing customer satisfaction, and measuring utilization and costs. • Audits, identifies auditing entities and discusses development of successful competency programs to meet regulatory standards specific to case management. • The Importance of Credentialing, discusses the significance of credentialing as the start of the quality process of an organization. • Discusses new modalities for case management such as demand management, care management, drug state management, and disability management. • Addresses the complexity of the moral and ethical issues facing today's case managers. • Includes content on worker's compensation, on-site vs. telephonic case management, and tools to improve the case management practice. • Tips and training tools for care givers are updated to include agencies, literature, and various web sites dedicated to care giving. • Expanded content on legal and legislative issues such as the Balanced Budget Act (BBA), Emergency Medical Treatment and Active Labor Act (EMTALA), and Health Insurance Portability and Accountability Act (HIPPA). • Provides current coverage of funding and insurance programs such as Medicare, Medicaid, Children's health coverage, Veteran's benefits, and TRICARE. • Content in Complex Care and Post Acute Care units have been expanded to include the latest advances in emergency care, hospice, and managing geriatric, transplant, mentally ill patients. • Each chapter begins with Objectives that list key points and focus the reader on essential content to better prepare them for learning. • Suggested Websites and Resources listed at the end of chapter provide reader with opportunity for further study and research. • End of Chapter Exercises (1-5 questions) promote active learning and application of pertinent content.

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Disability, and Health (ICF) model - the one adopted by the APTA. Coverage of practice settings includes documentation examples in acute care, rehabilitation, outpatient, home care, and nursing homes, as well as a separate chapter on documentation in pediatric settings. Guidelines to systematic documentation describe how to identify, record, measure, and evaluate treatment and therapies - especially important when insurance companies require evidence of functional progress in order to provide reimbursement. Workbook/textbook format uses examples and exercises in each chapter to reinforce your understanding of concepts. NEW Standardized Outcome Measures chapter leads to better care and patient management by helping you select the right outcome measures for use in evaluations, re-evaluations, and discharge summaries. UPDATED content is based on data from current research, federal policies and APTA guidelines, including incorporation of new terminology from the Guide to Physical Therapist 3.0 and ICD-10 coding. EXPANDED number of case examples covers an even broader range of clinical practice areas.

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**Cpmc?** | **Student Doctor Network** You should definitely apply to CPMC! A year ago I was kind of in your shoes - I knew a lot about the other bay area programs, but hadn't heard about CPMC **Cpmc** | **Student Doctor Network** Thanks! CPMC is a solid program. In cali, it's equivalent to

Cedars Sinai in SoCal -- as an academic institution disguised as a community program. CPMC is known, even in my

**List of strong community IM Programs | Student Doctor Network** Other than that, CPMC and SCVMC are great programs. CPMC has more of a private hospital feel, while SCVMC is county. Objectively, I think the two places are quite

**Advice sought: OHSU vs. CPMC | Student Doctor Network** CPMC is by no means a weak programme either, they consistently fill with American medical graduates from top 10 medical schools, and boasts a 1-to-1 facutly-to

**A Big Review of California IM Programs | Student Doctor Network** For future applicants: Based on all my interview impressions and talking to people, here's one person's opinion of the following California internal medicine programs: UCSF,

**California Pacific Medical Center | Student Doctor Network** CPMC - I did a rotation through both campuses as a third-year. Nice facilities, with California (street) campus being significantly nicer than Sacramento (street) campus - the ICU

**Bay Area Internal Medicine Residency Programs - Student Doctor** How would you guys rank these internal medicine residency programs in the Bay Area? 1) Kaiser Oakland 2) Alameda County (Oakland) 3) Kaiser SF 4)

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