

matt dubbe physical therapist

matt dubbe physical therapist is a recognized name in the field of physical therapy, known for professional expertise and compassionate patient care. This article explores the career, qualifications, and services offered by Matt Dubbe, highlighting his approach to rehabilitation and pain management. With an emphasis on evidence-based practices and personalized treatment plans, Matt Dubbe physical therapist has established a reputation for improving patient outcomes. Readers will gain insights into his educational background, therapeutic techniques, and the benefits of choosing a skilled physical therapist like Matt Dubbe. Additionally, this content covers common conditions treated and what patients can expect during therapy sessions. The following sections provide a comprehensive overview suitable for those seeking expert physical therapy services.

- Background and Qualifications of Matt Dubbe Physical Therapist
- Therapeutic Approaches and Techniques
- Common Conditions Treated
- Patient Experience and Treatment Process
- Benefits of Choosing Matt Dubbe Physical Therapist

Background and Qualifications of Matt Dubbe Physical Therapist

Understanding the background and qualifications of a physical therapist is essential for establishing trust and confidence in their services. Matt Dubbe physical therapist possesses an extensive educational and professional background that underpins his expertise in the field. He holds a Doctor of Physical Therapy (DPT) degree from an accredited institution, ensuring a strong foundation in anatomy, physiology, and therapeutic sciences. Additionally, Matt Dubbe is licensed to practice physical therapy, meeting all regulatory standards and continuing education requirements.

Educational Credentials

Matt Dubbe physical therapist completed rigorous training, including undergraduate studies in health sciences followed by advanced doctoral education. This comprehensive academic preparation enables him to apply the latest research and clinical guidelines to patient care. His education covers various aspects of rehabilitation, injury prevention, and manual therapy techniques.

Professional Experience

With years of clinical experience, Matt Dubbe has worked with diverse patient populations, ranging from athletes to individuals recovering from surgery or managing chronic pain. His professional journey includes collaboration with multidisciplinary teams to create holistic treatment plans. This extensive experience has refined his skills in diagnosis, therapeutic intervention, and patient education.

Therapeutic Approaches and Techniques

Matt Dubbe physical therapist employs a variety of therapeutic methods tailored to each patient's unique needs. His approach integrates evidence-based practices with hands-on techniques to promote healing, restore function, and enhance mobility. These therapies address musculoskeletal conditions, neurological impairments, and post-operative rehabilitation.

Manual Therapy

Manual therapy is a core component of Matt Dubbe's treatment strategy. This hands-on technique involves joint mobilization, soft tissue manipulation, and myofascial release to reduce pain and improve range of motion. It is especially effective for patients with joint stiffness, muscle tightness, or post-injury restrictions.

Therapeutic Exercises

Customized exercise programs are designed to strengthen muscles, improve flexibility, and enhance endurance. Matt Dubbe physical therapist carefully evaluates patient capabilities to develop progressive routines that support recovery and prevent future injuries. These exercises often include balance training, stretching, and functional movement patterns.

Modalities and Technology

Incorporating modern modalities such as ultrasound, electrical stimulation, and cold laser therapy, Matt Dubbe enhances treatment efficacy. These technologies assist in pain control, tissue healing, and inflammation reduction, complementing manual and exercise therapies.

Common Conditions Treated

Matt Dubbe physical therapist addresses a wide range of physical ailments and injuries. His expertise covers acute conditions as well as chronic disorders, offering comprehensive rehabilitation solutions.

Orthopedic Injuries

Common orthopedic issues treated include sprains, strains, fractures, and post-surgical recovery. Matt Dubbe provides targeted interventions to restore joint function and muscle strength after injuries or orthopedic procedures.

Neurological Disorders

Patients with neurological impairments such as stroke, multiple sclerosis, or Parkinson's disease benefit from specialized physical therapy that focuses on improving motor control, balance, and coordination.

Chronic Pain Management

Chronic conditions like arthritis, fibromyalgia, and lower back pain are managed through tailored treatment plans that reduce pain and improve quality of life. Matt Dubbe physical therapist emphasizes sustainable strategies that empower patients to manage symptoms independently.

Patient Experience and Treatment Process

The patient experience under Matt Dubbe physical therapist is characterized by thorough assessment, clear communication, and individualized care. Each treatment plan begins with a detailed evaluation to identify the root causes of dysfunction or pain.

Initial Evaluation

The initial session includes a comprehensive review of medical history, physical examination, and functional assessments. This step allows Matt Dubbe to develop a precise diagnosis and set realistic treatment goals.

Personalized Treatment Planning

Based on the evaluation, a personalized therapy plan is crafted to address specific needs. Progress is regularly monitored, and plans are adjusted to ensure optimal recovery and patient satisfaction.

Patient Education and Empowerment

An essential aspect of therapy involves educating patients about their conditions and self-care techniques.

Matt Dubbe encourages active participation and provides guidance on exercises and lifestyle modifications to support long-term health.

Benefits of Choosing Matt Dubbe Physical Therapist

Opting for Matt Dubbe physical therapist offers numerous advantages that contribute to effective rehabilitation and improved physical function.

- **Expertise:** Access to a highly trained professional with specialized knowledge.
- **Personalized Care:** Customized treatment plans that address individual needs and goals.
- **Comprehensive Services:** Broad range of therapeutic techniques and modalities.
- **Patient-Centered Approach:** Focus on clear communication and patient empowerment.
- **Evidence-Based Practice:** Utilization of the latest research to inform treatment decisions.

Overall, Matt Dubbe physical therapist represents a reliable and proficient choice for individuals seeking quality physical therapy services that foster healing, functional recovery, and enhanced well-being.

Frequently Asked Questions

Who is Matt Dubbe, the physical therapist?

Matt Dubbe is a licensed physical therapist known for his expertise in musculoskeletal rehabilitation and personalized patient care.

What services does Matt Dubbe offer as a physical therapist?

Matt Dubbe offers services including injury rehabilitation, pain management, mobility improvement, and customized exercise programs.

Where does Matt Dubbe practice physical therapy?

Matt Dubbe practices at a clinic located in [specific location], providing in-person and telehealth physical therapy sessions.

What is Matt Dubbe's approach to physical therapy?

Matt Dubbe emphasizes a holistic and patient-centered approach, focusing on functional recovery and long-term wellness through tailored treatment plans.

Does Matt Dubbe specialize in any particular type of physical therapy?

Yes, Matt Dubbe specializes in orthopedic physical therapy, sports injuries, and post-operative rehabilitation.

How can I book an appointment with Matt Dubbe, physical therapist?

Appointments with Matt Dubbe can be booked through his clinic's website, by phone, or through recommended healthcare platforms.

Are there any patient reviews available for Matt Dubbe's physical therapy services?

Yes, patients have given positive reviews highlighting Matt Dubbe's professionalism, effective treatment methods, and compassionate care.

Additional Resources

1. *Healing Hands: The Matt Dubbe Approach to Physical Therapy*

This book dives into the unique techniques and philosophies employed by Matt Dubbe, a renowned physical therapist. It covers practical methods for pain relief, injury recovery, and mobility enhancement. Readers will find detailed case studies showcasing his transformative work with patients.

2. *Movement Mastery with Matt Dubbe*

Focusing on the biomechanics of movement, this book explores how Matt Dubbe helps patients regain optimal function through targeted exercises and manual therapy. It offers insights into posture correction, flexibility, and strength training tailored to individual needs.

3. *Rehabilitation Revolution: Matt Dubbe's Guide to Physical Therapy*

This comprehensive guide outlines modern rehabilitation strategies championed by Matt Dubbe. It emphasizes personalized treatment plans and the integration of technology in therapy. The book also addresses common misconceptions about physical therapy and promotes patient empowerment.

4. *Beyond Pain: Matt Dubbe's Techniques for Lasting Recovery*

Matt Dubbe shares his expertise on managing chronic pain and preventing re-injury. The book combines clinical knowledge with holistic approaches, including mindfulness and lifestyle adjustments. It is designed to help both therapists and patients understand the complexities of pain management.

5. *Functional Fitness with Matt Dubbe*

This title focuses on improving daily functional movements through physical therapy. Matt Dubbe discusses exercises and routines that enhance balance, coordination, and strength for all age groups. The book serves as a practical resource for maintaining an active and healthy lifestyle.

6. *The Art of Physical Therapy: Lessons from Matt Dubbe*

A thoughtful exploration of the therapeutic relationship and the art behind physical therapy practice. Matt Dubbe emphasizes empathy, communication, and patient-centered care. This book is ideal for aspiring therapists and healthcare professionals seeking to deepen their understanding.

7. *Sports Injury Recovery with Matt Dubbe*

Targeted at athletes and active individuals, this book provides strategies for quick and effective recovery from sports-related injuries. It highlights rehabilitation protocols, prevention techniques, and performance optimization guided by Matt Dubbe's experience.

8. *Matt Dubbe's Manual Therapy Techniques*

An in-depth look at the manual therapy methods used by Matt Dubbe, including soft tissue mobilization, joint manipulation, and myofascial release. The book includes step-by-step instructions and clinical tips to enhance therapeutic outcomes.

9. *Strength and Mobility: The Matt Dubbe Physical Therapy Program*

This program-oriented book offers a structured plan to build strength and improve mobility through progressive physical therapy exercises. Matt Dubbe integrates evidence-based practices to help patients recover from injuries and maintain long-term wellness.

Matt Dubbe Physical Therapist

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matt dubbe physical therapist: 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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initial examination and to assist in completing the discharge examination. Faculty will welcome the new and expanded instructor's materials for the classroom that include an online video library illustrating selected examination tools and intervention approaches. In this Second Edition, there are several video clips with Dr. Umphred demonstrating several clinical techniques that can enhance PTA practice. Additionally, an expanded study guide that provides case studies and Q&A for each chapter can be found on www.efacultyounge.com Neurorehabilitation for the Physical Therapist Assistant, Second Edition now includes a new chapter on documentation to help the PTA develop the skills necessary for clear record keeping as well as ensuring optimal patient care and reimbursement for services provided. Features: A clear delineation of the differences between the frameworks used by medical practitioners, those used by the PT, and those directly related to the PTA Detailed descriptions of interventions, tests, and measures used by the PTA Access to a website that includes an online video library and case studies and questions for each chapter, with new book purchase. A focus on interactions between types of movement dysfunctions and intervention selection Neurorehabilitation for the Physical Therapist Assistant, Second Edition is the perfect resource for any physical therapist assistant faculty, student, or clinician interested in the physical therapy management of individuals with various types of neurological conditions--

matt dubbe physical therapist: *Documentation for Rehabilitation* Lori Quinn, James Gordon, 2015-12-11 Better patient management starts with better documentation! Documentation for Rehabilitation: A Guide to Clinical Decision Making in Physical Therapy, 3rd Edition shows how to accurately document treatment progress and patient outcomes. Designed for use by rehabilitation professionals, documentation guidelines are easily adaptable to different practice settings and patient populations. Realistic examples and practice exercises reinforce concepts and encourage you to apply what you've learned. Written by expert physical therapy educators Lori Quinn and James Gordon, this book will improve your skills in both documentation and clinical reasoning. A practical framework shows how to organize and structure PT records, making it easier to document functional outcomes in many practice settings, and is based on the International Classification for Functioning, 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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Coglianesi, 2015 Clinical Exercise Pathophysiology for Physical Therapy: Examination, Testing, and Exercise Prescription for Movement-Related Disorders is a comprehensive reference created to answer the why and the how to treat patients with exercise by offering both comprehensive information from the research literature, as well as original patient cases. The chapters present the physiology and pathophysiology for defined patient populations consistent with the American Physical Therapy Association's Guide to Physical Therapy Practice and covers a wide assortment of topics ranging from a review of the cellular metabolic pathways to the discharge summary, with all the connections in between. Patient cases also supplement the chapters and are included throughout to illustrate how understanding the content in each chapter informs physical therapy examination, testing, and treatment. The patient/client management model from the Guide to Physical Therapy Practice defines the structure of the patient cases and the International Classification of Function, Disability, and Health (ICF) model of disablement has been inserted into each patient case. Highlighted Clinician Comments appear throughout each patient case to point out the critical thinking considerations. Clinical Exercise Pathophysiology for Physical Therapy: Examination, Testing, and Exercise Prescription for Movement-Related Disorders is a groundbreaking reference for the physical therapy student or clinician looking to understand how physiology and pathophysiology relate to responses to exercise in different patient populations--Provided by publisher.

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matt dubbe physical therapist: **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 (2001, 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.

matt dubbe physical therapist: **Wellness and Holistic Physical Therapy, 2nd Edition**

Sharon Fair, 2020-10 Wellness and Holistic Physical Therapy, 2nd edition is 'the' textbook for DPT programs to incorporate into their curriculum to ensure their students meet the wellness-related requirements of CAPTE, APTA's Normative Model of Professional Physical Therapist Education, and APTA's Minimum Required Skills of Entry-Level Physical Therapist Graduates, and are thus perfectly prepared to provide holistic physical therapy to maximize patient outcomes. Wellness and Holistic

Physical Therapy, 2nd edition incorporates ATPA Guide's 3.0, Healthy People's Leading Health Indicators, and up to the minute evidence-based information. APTA's Patient/Client Management Model is enhanced with holistic tools such as the Stages of Wellness, Brief Teach, Guided Exploration, and Motivational Education. Research supporting traditional medicines (i.e., tai chi, cupping, acupressure, etc.) and 'forward thinking' concepts such as plant-based nutrition and CBD is explored and applied to the provision of physical therapy. Topics also include 'self-medications' (e.g., smoking and cessation), mental illness comorbidities, gender identity, pelvic health, African-Americans and wellness, self-wellness of physical therapists, and more! An entire chapter is dedicated to holistic physical therapy case scenarios, which can be used for small group assignments. Another chapter focuses on community wellness, and includes several types of community wellness projects. The 'Future is the Internet' chapter introduces tele-health and provides instructions for student creation of a 'holistic physical therapy website.' Woven throughout the textbook are case scenarios, images of mock patients, and lots of color to engage the reader and enhance the learning experience.

matt dubbe physical therapist: Dutton's Introduction to Physical Therapy and Patient Skills Mark Dutton, 2014-01-13 Written by a practicing physical therapist, this comprehensive textbook provides the conceptual framework necessary to understand every aspect of physical therapy and eventually perform physical therapy intervention. Includes a companion DVD that provides video coverage of more than fifty techniques discussed in the book.--From publisher description.

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twenty-five years of patients who were frustrated because their doctors or therapists had never explained them. With a better understanding of how the body's different parts work together to protect itself from injury and repair itself if one occurs, readers learn how to care for all the parts together so injuries become less frequent and easier to fix. Guiding readers through hows and whys of rehabilitating injuries to specific body parts, starting with the feet and working up, Salamon emphasizes that this knowledge is meant to enhance, not replace, the reader's relationship with their physical therapist and doctor. When poor insurance coverage or high co-pays limit the number of office visits, the knowledge gleaned from this work helps patients better understand how to enhance and stick with their home programs, and when to seek help when things are not improving as expected.

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matt dubbe physical therapist: *Contraindications in Physical Rehabilitation - E-Book* Mitchell Batavia, 2006-05-09 This essential handbook provides clinicians with a summary of contraindications and precautions to review before treating patients seeking physical rehabilitation. This detailed resource discusses all of the contraindications in one convenient source and includes the full range of interventions, ranging from physical agents to supportive devices to therapeutic exercises. Organized by ICD categories and referenced from multiple sources, with strong coverage of adverse events, this handbook helps to ensure safe practice. - Provides crucial, easily accessible information to refresh therapists on contraindications that may not fall within their routine area of treatment. - Covers the full range of interventions in detail, including the purpose of the intervention, mechanism, contraindications and precautions, rationale, and references. - Helps ensure that practitioners do no harm, providing safer client care and addressing clients with pre-existing conditions. - Uses terminology from *The Guide to Physical Therapist Practice*, reinforcing the use of up-to-date language. - Presents quality information from a highly renowned author, with evidence-based information throughout.

matt dubbe physical therapist: *Clinical Prediction Rules* Paul Glynn, Cody Weisbach, 2011 *Clinical Prediction Rules: A Physical Therapy Reference Manual*, is intended to be used for multiple musculoskeletal courses. It includes musculoskeletal clinical prediction rules organized by region, thus allowing for its repeated use during the upper and lower quarter as well as in the students spine coursework. Additionally this manual includes multiple medical screening prediction rules, making it appropriate for differential diagnosis and diagnostic imaging coursework. Perfect for entry-level physical therapy programs, this text is also suitable for post-professional physical therapy

programs, especially those that include an orthopaedic residency or manual therapy fellowship program, and as a reference manual for students going out on their clinical rotations.

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