

polaris physical therapy maspeth

polaris physical therapy maspeth is a premier physical therapy center located in Maspeth, New York, dedicated to providing exceptional rehabilitative care to patients of all ages. Specializing in personalized treatment plans, Polaris Physical Therapy Maspeth addresses a wide range of musculoskeletal conditions, sports injuries, post-operative recovery, and chronic pain management. This article explores the comprehensive services offered, the skilled team of therapists, patient-centered approach, and the advanced techniques utilized to ensure optimal recovery. Whether recovering from surgery, managing a chronic condition, or seeking injury prevention strategies, Polaris Physical Therapy Maspeth offers expert guidance and support. The following sections provide a detailed overview of the clinic's offerings, treatment methodologies, patient benefits, and community involvement.

- Overview of Polaris Physical Therapy Maspeth
- Services Offered
- Experienced and Licensed Therapists
- Innovative Treatment Techniques
- Patient-Centered Care Approach
- Benefits of Choosing Polaris Physical Therapy Maspeth
- Community Engagement and Educational Programs

Overview of Polaris Physical Therapy Maspeth

Polaris Physical Therapy Maspeth is recognized for its commitment to quality rehabilitative care and individualized therapy programs. Strategically located in Maspeth, Queens, the clinic serves a diverse population including athletes, seniors, and individuals recovering from injury or surgery. The facility is equipped with state-of-the-art equipment designed to support various physical therapy modalities. Polaris Physical Therapy Maspeth focuses on restoring function, improving mobility, and enhancing overall well-being through evidence-based practices.

Location and Accessibility

Conveniently situated in Maspeth, the clinic is easily accessible by public transportation and offers ample parking for patients. The welcoming environment is designed to accommodate patients with varying mobility levels, ensuring comfort and ease throughout the therapy process.

Mission and Vision

The mission of Polaris Physical Therapy Maspeth is to provide compassionate, effective, and patient-focused physical therapy services that promote healing and empower patients to regain independence. The vision emphasizes continuous improvement and adoption of innovative treatment strategies to meet evolving patient needs.

Services Offered

Polaris Physical Therapy Maspeth offers a comprehensive range of therapies tailored to individual diagnoses and goals. The clinic's service portfolio includes injury rehabilitation, pain management, post-surgical recovery, and preventative care.

Orthopedic Physical Therapy

This service targets conditions related to the musculoskeletal system, such as fractures, sprains, strains, arthritis, and joint replacements. Customized exercises and manual therapy techniques help restore strength, flexibility, and function.

Sports Injury Rehabilitation

Specialized programs focus on treating acute and chronic sports-related injuries. Therapists work closely with athletes to facilitate safe return-to-play through strength training, proprioceptive exercises, and conditioning.

Neurological Rehabilitation

Patients with neurological disorders such as stroke, multiple sclerosis, or Parkinson's disease receive targeted therapies to improve motor control, balance, and coordination.

Post-Surgical Recovery

Polaris Physical Therapy Maspeth designs individualized protocols to accelerate healing and regain mobility after surgeries such as joint replacements, ligament repairs, or spinal procedures.

Pain Management

Utilizing modalities like therapeutic ultrasound, electrical stimulation, and manual therapy, the clinic addresses chronic pain conditions, aiming to reduce discomfort and enhance quality of life.

Experienced and Licensed Therapists

The success of Polaris Physical Therapy Maspeth is strongly attributed to its team of highly qualified and licensed physical therapists. Each therapist brings specialized expertise and ongoing professional development to ensure the highest standard of care.

Credentials and Specializations

Therapists at Polaris hold advanced certifications in areas such as orthopedic manual therapy, sports rehabilitation, and neurological physical therapy. This breadth of knowledge enables them to treat a wide spectrum of conditions effectively.

Continuing Education and Training

Staff members regularly participate in workshops, seminars, and certification programs to stay current with the latest advancements in physical therapy research and technology.

Innovative Treatment Techniques

Polaris Physical Therapy Maspeth integrates modern therapeutic modalities with traditional rehabilitation methods to optimize patient outcomes.

Manual Therapy

Hands-on techniques including joint mobilization, soft tissue manipulation, and myofascial release are employed to reduce pain and improve joint function.

Therapeutic Exercise

Customized exercise regimens target strength, endurance, flexibility, and balance, tailored to each patient's specific needs and recovery stage.

Modalities and Technology

The clinic uses advanced equipment such as electrical stimulation, ultrasound therapy, and traction devices that support tissue healing and pain relief.

Functional Training

Therapists incorporate activities that mimic daily tasks or sports-specific movements to prepare patients for real-world activities and prevent re-injury.

Patient-Centered Care Approach

At Polaris Physical Therapy Maspeth, patient care is personalized and collaborative, ensuring that treatment plans align with individual goals and lifestyles.

Comprehensive Evaluations

Initial assessments include detailed history taking, physical examinations, and functional testing to develop targeted therapy strategies.

Goal-Oriented Planning

Therapy goals are established in partnership with patients, promoting motivation and adherence to treatment protocols.

Education and Empowerment

Patients receive guidance on injury prevention, ergonomics, and home exercise programs to support long-term health and independence.

Benefits of Choosing Polaris Physical Therapy Maspeth

Opting for Polaris Physical Therapy Maspeth offers numerous advantages for individuals seeking effective and compassionate rehabilitative care.

- **Personalized Treatment:** Tailored plans that meet unique patient needs and recovery timelines.
- **Expertise:** Access to highly trained therapists with specialized certifications.
- **Comprehensive Services:** Wide array of therapy options addressing diverse conditions.
- **Advanced Technology:** Utilization of modern modalities to enhance healing.
- **Convenience:** Accessible location with flexible scheduling options.
- **Supportive Environment:** Patient-focused care that fosters recovery and wellness.

Community Engagement and Educational Programs

Polaris Physical Therapy Maspeth actively participates in community outreach

and educational initiatives to promote health awareness and injury prevention.

Workshops and Seminars

The clinic offers regular programs on topics such as posture correction, fall prevention for seniors, and sports injury prevention for youth athletes.

Partnerships with Local Organizations

Collaborations with schools, sports teams, and senior centers enhance community access to physical therapy resources and expertise.

Health Promotion Campaigns

Polaris Physical Therapy Maspeth engages in campaigns that encourage active lifestyles and proper body mechanics to reduce injury risk.

Frequently Asked Questions

What services does Polaris Physical Therapy Maspeth offer?

Polaris Physical Therapy Maspeth offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and customized exercise programs.

Where is Polaris Physical Therapy Maspeth located?

Polaris Physical Therapy Maspeth is located in Maspeth, Queens, New York, providing convenient access for residents in the area seeking physical therapy services.

Does Polaris Physical Therapy Maspeth accept insurance?

Yes, Polaris Physical Therapy Maspeth accepts most major insurance plans. It is recommended to contact their office directly to verify specific insurance coverage.

What makes Polaris Physical Therapy Maspeth different from other clinics?

Polaris Physical Therapy Maspeth emphasizes personalized care, advanced treatment techniques, and experienced therapists to ensure effective recovery and patient satisfaction.

Can I schedule an appointment online with Polaris Physical Therapy Maspeth?

Many patients can schedule appointments online through the Polaris Physical Therapy website or by calling their Maspeth location directly for convenience.

What conditions can Polaris Physical Therapy Maspeth help treat?

Polaris Physical Therapy Maspeth treats a variety of conditions including sports injuries, back and neck pain, arthritis, post-operative rehabilitation, and neurological disorders.

Additional Resources

1. Rehabilitation Excellence at Polaris Physical Therapy Maspeth

This book provides an in-depth look at the specialized rehabilitation techniques used at Polaris Physical Therapy Maspeth. It covers patient assessment, personalized treatment plans, and success stories from the clinic. The comprehensive guide highlights the clinic's approach to improving mobility and reducing pain.

2. Innovative Physical Therapy Practices: Insights from Polaris Maspeth

Explore cutting-edge physical therapy practices implemented at Polaris Physical Therapy Maspeth in this detailed resource. The book discusses innovative equipment, manual therapy methods, and therapeutic exercises tailored to patient needs. It serves as a valuable tool for therapists and patients alike.

3. Healing Journeys: Patient Experiences at Polaris Physical Therapy Maspeth

This collection of patient testimonials and case studies showcases the transformative power of physical therapy at Polaris Maspeth. Readers gain insight into the emotional and physical challenges faced during recovery and how expert care leads to improved quality of life. It's an inspiring read for anyone interested in rehabilitation.

4. Manual Therapy Techniques from Polaris Physical Therapy Maspeth

Focusing on manual therapy, this book breaks down the hands-on techniques used by therapists at Polaris Maspeth. Detailed illustrations and step-by-step instructions help practitioners understand and apply these methods effectively. It's an essential reference for physical therapy students and professionals.

5. Sports Injury Rehabilitation at Polaris Physical Therapy Maspeth

Designed for athletes and therapists, this guide covers the diagnosis and treatment of common sports injuries at Polaris Maspeth. It emphasizes evidence-based rehabilitation protocols aimed at speeding recovery and preventing re-injury. The book also discusses conditioning exercises and return-to-play criteria.

6. Polaris Physical Therapy Maspeth: A Community Health Resource

This book highlights the role of Polaris Physical Therapy Maspeth in promoting community health and wellness. It includes information on outreach programs, educational workshops, and partnerships with local organizations. Readers learn how physical therapy extends beyond the clinic to impact

overall public health.

7. Advanced Therapeutic Exercises at Polaris Maspeth

Explore a variety of advanced therapeutic exercises used at Polaris Physical Therapy Maspeth to aid patient recovery. The book explains exercise selection, progression, and modification for different injury types and patient capabilities. It's a practical guide for therapists aiming to enhance treatment outcomes.

8. Chronic Pain Management Strategies at Polaris Physical Therapy Maspeth

This resource delves into effective strategies for managing chronic pain through physical therapy at Polaris Maspeth. It covers multidisciplinary approaches, patient education, and individualized care plans. The book also examines the psychological aspects of chronic pain and techniques to improve patient coping.

9. Technology Integration in Physical Therapy: Polaris Maspeth Case Studies

Highlighting the role of technology in modern physical therapy, this book presents case studies from Polaris Physical Therapy Maspeth. It discusses the use of digital assessment tools, telehealth, and therapeutic devices that enhance patient care. The text provides insights into how technology improves treatment accuracy and efficiency.

Polaris Physical Therapy Maspeth

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polaris physical therapy maspeth: Professionalism in Physical Therapy Laura Lee (Dolly) Swisher, Catherine G. Page, 2005-02-15 As the role of the physical therapist widens to include more primary care and diagnostic responsibilities, there is a greater need for a single, up-to-date resource that explores professional roles and developments in this changing field. This new book is the definitive reference on this important topic. This concise book provides information on every vital area important to professionalism: documentation, law and ethics, and leadership - all in the context of the five roles of the physical therapist as defined by the APTA's Guide to Physical Therapist Practice, 2nd Edition. Readers will find information on the history of professionalism in physical therapy, the five roles of the physical therapist (Patient/Client Manager, Consultant, Critical Inquirer, Educator, and Administrator), the role of the physical therapist in today's health care system, and professional leadership and development. Case studies, how to lists" and tips from the field" encourage critical thinking and provide strategies for various issues. The book also offers tips on preparing a portfolio, determining leadership style, and preparing a professional development plan based on the APTA's five roles. Develops and defines principles and concepts of professionalism to guide physical therapists in times of change Follows the APTA's Guide and includes quotes and information from this document throughout Offers a comprehensive history of physical therapy, with unique information on origins of the profession Offers comprehensive coverage of legal and ethical issues, showing how these issues affect the entire practice of physical therapy Discusses billing and reimbursement practices, with specific information on how to document and bill as an aspect of practice Defines and explains the role of the consultant, both as an autonomous health care provider or as a member of a health care team Features real-life case studies and discussion questions at the end of each chapter to encourage practical application of concepts and test readers' knowledge Provides end-of-chapter tips to help readers develop best practices

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polaris physical therapy maspeth: Physical Therapy in Acute Care Daniel Joseph Malone, Kathy Lee Bishop Lindsay, 2006 Safe and effective management is a top priority for every physical therapy student or clinician involved with patients in the acute care setting. Physical Therapy in Acute Care: A Clinician's Guide is a user-friendly, pocket-sized, evidence-based text that guides and reinforces successful acute care patient management. Physical Therapy in Acute Care provides clinicians with an understanding of the basic physiological mechanisms underlying normal function of all major organ systems, contrasted with the pathophysiology of the disease and disorders that physical therapists will most often encounter in an acute care environment. Inside the pages of Physical Therapy in Acute Care, Daniel Malone and Kathy Lee Bishop-Lindsay provide a comprehensive review of acute physical therapy best practice. This text builds upon fundamental knowledge by addressing important components of patient examination, discussing relevant medical tests, and listing diseases and diagnoses alphabetically with brief medical management. Some Chapter Topics Include: • Cardiovascular, pulmonary, musculoskeletal, gastrointestinal, genitourinary, and neurological diseases and disorders • The immune system and infectious disease • Oncology rehabilitation • Wound care • Transplantation Each chapter highlights important physical therapy concerns, examination findings, and rehabilitation interventions. In addition, Physical Therapy in Acute Care includes numerous tables, figures, review questions, and case studies that highlight the physical therapy patient care model as outlined in the Guide to Physical Therapist Practice. Exciting Features: • An in-depth description of laboratory tests and procedures incorporating the physiologic significance of abnormal findings • Pharmacologic information for

each organ system chapter including side effects of common medical interventions • A chapter on deconditioning and bed rest effects in the acute care environment • A discharge recommendation decision tree Whether you are a student of physical therapy, a physical therapist entering the acute care environment, or an experienced acute care physical therapist, *Physical Therapy in Acute Care* is the only resource for successful patient management you will need by your side.

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American Physical Therapy Association, 1956

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Pagliarulo, 2011-05-01 *Introduction to Physical Therapy, 4e* by Michael Pagliarulo provides a comprehensive description of the profession and practice of physical therapy. - NEW! Evolve website with a test bank, PowerPoint presentations, and image collection. - The only introductory textbook that includes an overview of the profession and clinical information - Chapter on reimbursement introduces the fiscal aspect of health care and reimbursement for physical therapy services. - Chapter on communication and cultural competence helps the PT and PTA understand behavior due to cultural differences. - EXPANDED! Numerous learning aides, including chapter outlines, key terms, learning objectives, questions to ask, boxes, tables, summaries and up to date references, suggested readings, and review questions. - The latest information on current trends in health care and the profession of physical therapy keeps the students current on latest issues.

polaris physical therapy maspeth: 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.

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PT, EdD, 2015-10-16 Start your physical therapy career path on the right foot with *Introduction to Physical Therapy, 5th Edition*. This comprehensive text offers an insightful and thorough overview of both the profession and the practice of physical therapy, including the latest topics and trends surrounding the industry. The first section walks readers through the key aspects of a career in physical therapy, including: roles of the physical therapist and physical therapist assistant, practice settings, the APTA, and laws, policies, and regulations. The second section then goes on to cover the practice of physical therapy: detailing the functions, disorders, and therapies of the major organ systems. Featuring a new full-color design, this new fifth edition incorporates a wealth of updated content, new photos, and numerous learning aides - such as chapter outlines, learning objectives, questions to ask, suggested readings, and review questions - to give readers the complete foundation they need to successfully grow their professional knowledge and skills. An overview of the profession combined with clinical information guides the reader through everything they need to know to begin

their physical therapy education. Chapter on reimbursement tells how reimbursement affects the profession and introduces the fiscal aspects of health care and reimbursement for physical therapy services. Chapter on communication and cultural competence describes how cultural differences influence patient interaction and helps the PTA and PT understand behavior due to cultural differences. Numerous learning aides such as - chapter outlines, key terms, learning objectives, questions to ask, boxes, tables, summaries and up to date references, suggested readings and review questions - enable learning retention. The latest information on current trends in health care and the profession of physical therapy keeps readers current on the latest issues. NEW! Full color design and images make the text more visually appealing. NEW! Updated content keeps readers in the know on the latest practices and procedures. NEW! Updated photos throughout depict the content that is current and applicable to today's practicing PT or PTA.

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polaris physical therapy maspeth: *Expertise in Physical Therapy Practice* Gail M. Jensen, 2007 **Selected for Doody's Core Titles® 2024 in Physical Therapy** This comprehensive text examines what it takes to progress toward - and ultimately become - an expert in physical therapy. It explores multiple dimensions of expertise: how expert practitioners develop, what knowledge they use, where they acquire that knowledge, how they think and reason, how they make decisions, and how they perform in practice to demonstrate what it takes to progress and ultimately become an expert in physical therapy. Introduces the four core concepts that comprise the model of expertise: Knowledge, Clinical Reasoning, Movement, and Virtue A Data Collection Tools Appendix provides a step-by-step description of the process that the authors used to select, interview, and collect data from the experts in each case study to demonstrate the use of critical thinking and research-based analysis Contributed chapters on Expert Practice and Clinical Outcomes, Clinical Reasoning and Expert Practice, and Implications for Practice Implications for Practice chapter covers the implementation and results of this model of expertise in a staff development program A Postscript The Voices of our Experts 10 Years Later where clinicians share the evolution of their expertise Two chapters on Inquiry into Expertise and Implications for Doctoral Level Education in Physical Therapy provide insights into the practical application of the core concepts of the physical therapy model of expertise and facilitate the continued development of expertise in physical therapy.

polaris physical therapy maspeth: *Physical Therapy Documentation* Mia Erickson, Ralph Utzman, Rebecca McKnight, 2024-06-01 Newly updated and revised, Physical Therapy Documentation: From Examination to Outcome, Third Edition provides physical therapy students, educators, and clinicians with essential information on documentation for contemporary physical therapy practice. Complete and accurate documentation is one of the most essential skills for physical therapists. In this text, authors Mia L. Erickson, Rebecca McKnight, and Ralph Utzman teach the knowledge and skills necessary for correct documentation of physical therapy services, provide guidance for readers in their ethical responsibility to quality record-keeping, and deliver the mechanics of note writing in a friendly, approachable tone. Featuring the most up-to-date information on proper documentation and using the International Classification of Functioning, Disabilities, and Health (ICF) model as a foundation for terminology, the Third Edition includes expanded examples across a variety of practice settings as well as new chapters on: Health informatics Electronic medical records Rules governing paper and electronic records Billing, coding, and outcomes measures Included with the text are online supplemental materials for faculty use in the classroom. An invaluable reference in keeping with basic documentation structure, Physical Therapy Documentation: From Examination to Outcome, Third Edition is a necessity for both new

and seasoned physical therapy practitioners.

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