

# sutter physical therapy davis

**sutter physical therapy davis** is a trusted provider of rehabilitative services in the Davis area, known for its patient-centered approach and comprehensive treatment options. This article delves into the various aspects of Sutter Physical Therapy Davis, highlighting its specialized services, experienced team, and state-of-the-art facilities. Patients seeking effective physical therapy solutions for injuries, chronic pain, or post-surgical recovery will find detailed information about the clinic's offerings. Emphasis is placed on the personalized care plans designed to optimize recovery and improve overall function. Additionally, this guide explores the benefits of physical therapy at Sutter, insurance and appointment logistics, and community involvement. The following sections will provide an in-depth look at what makes Sutter Physical Therapy Davis a leading choice for rehabilitation in the region.

- Overview of Sutter Physical Therapy Davis
- Services Offered
- Experienced Team and Expertise
- Patient-Centered Treatment Approach
- Facilities and Technology
- Insurance and Appointment Information
- Community Engagement and Patient Resources

## Overview of Sutter Physical Therapy Davis

Sutter Physical Therapy Davis is part of the broader Sutter Health network, providing specialized outpatient physical therapy services tailored to meet individual patient needs. Located in Davis, California, this clinic focuses on delivering quality care through evidence-based practices. The center caters to a wide range of patients, including those recovering from surgery, managing chronic conditions, or seeking injury prevention strategies. Its reputation is built on effective treatment outcomes, professional expertise, and a commitment to holistic patient wellness.

## Services Offered

The range of services at Sutter Physical Therapy Davis is extensive, designed to address various musculoskeletal and neurological conditions. The clinic offers personalized rehabilitation programs that target pain relief, mobility improvement, and strength restoration. Services are adaptable for different age groups and activity levels, ensuring comprehensive care for each patient.

## **Orthopedic Rehabilitation**

This service focuses on recovery from injuries related to bones, joints, muscles, ligaments, and tendons. Patients recovering from fractures, sprains, or orthopedic surgeries benefit from tailored exercise regimens and manual therapy techniques aimed at restoring function and reducing pain.

## **Neurological Physical Therapy**

Sutter Physical Therapy Davis provides specialized care for patients with neurological impairments such as stroke, Parkinson's disease, multiple sclerosis, and spinal cord injuries. Therapists utilize neuroplasticity principles to enhance motor function and improve quality of life.

## **Sports Injury Rehabilitation**

The clinic supports athletes of all levels by addressing sports-related injuries through targeted strength training, flexibility exercises, and injury prevention education. This service helps patients return to their sport safely and efficiently.

## **Pain Management**

Chronic pain conditions such as arthritis, fibromyalgia, and back pain are managed through multidisciplinary approaches involving therapeutic exercises, manual therapy, and patient education.

## **Post-Surgical Rehabilitation**

Post-operative patients receive customized rehabilitation plans to accelerate healing, regain mobility, and prevent complications following surgeries such as joint replacements or ligament repairs.

## **Experienced Team and Expertise**

The clinical staff at Sutter Physical Therapy Davis consists of highly trained physical therapists, each licensed and experienced in various specialties. Their expertise spans orthopedic, neurological, pediatric, and geriatric physical therapy. Continuous professional development ensures the team stays current with the latest rehabilitation techniques and evidence-based protocols.

## **Licensed Physical Therapists**

All therapists hold advanced degrees and state licenses, ensuring adherence to professional standards and quality care delivery. They conduct comprehensive assessments to develop individualized treatment plans that address patient goals and clinical findings.

## **Support Staff**

In addition to therapists, the clinic employs support personnel who assist with patient scheduling, insurance processing, and administrative tasks, contributing to a smooth and efficient patient experience.

## **Patient-Centered Treatment Approach**

Sutter Physical Therapy Davis emphasizes a patient-centered model of care, prioritizing individualized treatment and active patient involvement. Therapists collaborate closely with patients to set realistic goals and adapt therapies based on ongoing progress and feedback.

## **Comprehensive Evaluation**

Initial patient evaluations include a detailed medical history review, physical examination, and functional assessments. This thorough approach enables precise identification of impairments and informs the development of targeted interventions.

## **Customized Therapy Plans**

Therapy programs are tailored to each patient's unique needs, incorporating manual therapy, therapeutic exercises, neuromuscular re-education, and modalities such as ultrasound or electrical stimulation when appropriate.

## **Patient Education and Empowerment**

Educating patients about their conditions and self-management techniques is integral to the treatment process, promoting long-term health and preventing future injuries.

## **Facilities and Technology**

The Sutter Physical Therapy Davis clinic is equipped with modern facilities and advanced rehabilitation technology to support effective treatment. The environment is designed to be welcoming and accessible, ensuring patient comfort and safety.

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

Therapeutic equipment includes resistance training machines, balance and coordination tools, gait training apparatus, and modalities such as TENS and therapeutic ultrasound. This technology enhances treatment precision and accelerates recovery.

## **Accessible Treatment Spaces**

The clinic features spacious treatment rooms that accommodate a variety of therapeutic activities, ensuring privacy and space for movement-based therapies.

## **Insurance and Appointment Information**

Sutter Physical Therapy Davis accepts a broad range of insurance plans, facilitating access to care for many patients. The administrative team assists with verifying coverage and managing claims to reduce patient burden.

### **Insurance Plans Accepted**

- Medicare and Medicaid
- Major private health insurance providers
- Worker's compensation and auto injury claims
- Self-pay options available

## **Scheduling and Appointments**

Appointments can be made via phone or through the Sutter Health patient portal. The clinic offers flexible scheduling options, including early morning and late afternoon slots, to accommodate patient availability.

## **Community Engagement and Patient Resources**

Sutter Physical Therapy Davis is actively involved in the local community, promoting health education and wellness initiatives. The clinic provides resources aimed at injury prevention and overall physical health maintenance.

## **Workshops and Educational Programs**

Regular workshops on topics such as ergonomics, injury prevention, and chronic pain management are offered to patients and the public, enhancing community health literacy.

## **Patient Support Materials**

Informational brochures, exercise guides, and online resources are provided to support patients outside of therapy sessions, encouraging adherence to prescribed home exercise programs and lifestyle modifications.

## **Frequently Asked Questions**

### **What services does Sutter Physical Therapy in Davis offer?**

Sutter Physical Therapy in Davis offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and personalized exercise programs to help patients recover and improve mobility.

### **How can I book an appointment at Sutter Physical Therapy Davis?**

You can book an appointment at Sutter Physical Therapy Davis by visiting their official website, calling their clinic directly, or getting a referral from your primary care physician.

### **Does Sutter Physical Therapy Davis accept insurance?**

Yes, Sutter Physical Therapy Davis accepts most major insurance plans. It is recommended to contact their billing department or check with your insurance provider to confirm coverage details.

### **What are the operating hours of Sutter Physical Therapy in Davis?**

Sutter Physical Therapy in Davis typically operates Monday through Friday during regular business hours, but exact times may vary. It is best to check their website or call the clinic for the most current hours.

### **Are there specialized therapists available at Sutter Physical Therapy Davis?**

Yes, Sutter Physical Therapy Davis has licensed and experienced physical therapists who specialize in various areas such as orthopedic rehabilitation, sports physical therapy, neurological rehabilitation, and pediatric therapy to provide tailored treatment plans.

## **Additional Resources**

### *1. Rehabilitation Techniques at Sutter Physical Therapy Davis*

This book offers an in-depth look at the specific rehabilitation methods used at Sutter Physical Therapy in Davis. It covers patient assessment, customized exercise plans, and the integration of modern technology in therapy sessions. Ideal for both practitioners and patients, it emphasizes

evidence-based practices that promote recovery and wellness.

## *2. Innovations in Physical Therapy: The Sutter Davis Approach*

Explore the cutting-edge treatments and innovative approaches employed by Sutter Physical Therapy in Davis. The book highlights new modalities, including manual therapy, aquatic therapy, and neuromuscular re-education. It also discusses the clinic's commitment to personalized care and multidisciplinary collaboration.

## *3. Patient Success Stories from Sutter Physical Therapy Davis*

This collection of inspiring patient testimonials showcases the transformative power of physical therapy at Sutter Davis. Each story details the patient's condition, treatment plan, and journey to recovery. It serves as motivation for individuals seeking effective physical rehabilitation.

## *4. Guide to Post-Surgical Rehabilitation at Sutter Physical Therapy Davis*

Focusing on post-operative care, this guide provides detailed protocols followed at Sutter Physical Therapy in Davis. It addresses common surgeries such as joint replacement and spinal procedures, outlining step-by-step rehabilitation strategies. The book is a valuable resource for patients and therapists aiming for optimal recovery outcomes.

## *5. Sports Injury Management at Sutter Physical Therapy Davis*

Targeted at athletes and sports enthusiasts, this book delves into injury prevention, diagnosis, and treatment at Sutter Physical Therapy Davis. It covers common sports injuries, rehabilitation timelines, and performance enhancement techniques. The book emphasizes the importance of tailored therapy to return athletes safely to their activities.

## *6. Hands-On Manual Therapy Techniques Used at Sutter Davis*

This practical guide explores the manual therapy skills practiced by therapists at Sutter Physical Therapy Davis. It includes descriptions and illustrations of mobilizations, manipulations, and soft tissue techniques. The book is designed for clinicians seeking to refine their hands-on treatment abilities.

## *7. Chronic Pain Management Strategies at Sutter Physical Therapy Davis*

Addressing the challenge of chronic pain, this book outlines comprehensive management plans utilized at Sutter Physical Therapy Davis. It covers therapeutic exercises, pain neuroscience education, and adjunct therapies. Patients and healthcare providers will find valuable insights into improving quality of life through physical therapy.

## *8. Ergonomics and Workplace Wellness: Insights from Sutter Physical Therapy Davis*

This title focuses on ergonomic assessments and workplace injury prevention as practiced by Sutter Physical Therapy in Davis. It offers practical advice for employers and employees to create safer work environments. The book also discusses rehabilitation of occupational injuries and return-to-work programs.

## *9. Foundations of Physical Therapy Practice at Sutter Davis*

A comprehensive overview of the core principles and clinical practices at Sutter Physical Therapy Davis. This book covers anatomy, biomechanics, patient communication, and treatment planning. It serves as an essential resource for students, new graduates, and professionals seeking to understand the clinic's approach to care.

## **Sutter Physical Therapy Davis**

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