

## Physical Therapy and Rehabilitation

Physical therapy is necessary to restore a patient's activity, strength, and motion following an injury or surgery. At Troxell & Mohr, patients are taught specific exercises, stretches, and techniques, combined with the use of specialized equipment to regain mobility after an injury or surgery. Troxell & Mohr physical therapists are knowledgeable about surgical procedures, treatment goals, musculoskeletal anatomy, and can personalize treatments to improve the well-being of our patients. Our specially trained therapists are knowledgeable on the limits some surgeries place on weight bearing and range of motion and will acknowledge these limits to ensure a successful outcome.

We are devoted to being educated in all aspects of rehabilitation of the knee, hand, shoulder, hip, and ankle.

### Rehabilitation at Troxell & Mohr Physical Therapy

At Troxell & Mohr Physical Therapy, we focus treatment on the individual to



improve overall function and decrease future problems. Our goal for each patient is simple – preserve, develop and restore optimal function. Patients receive an individualized treatment depending on their particular injury or surgery. The physical therapists will also personalize home exercise instructions.

In addition, the individualized treatments will include some of the healing modalities listed below:

- **Stretching** – Stretching is critical in maintaining good range of motion around a joint. After an injury or surgery, scar tissue forms and soft tissue becomes tight, this is when stretching is most important.
- **Strengthening** – Strengthening exercises help the patient improve the function of their muscles. The goal is to improve strength, increase endurance, and maintain or improve range of motion.
- **Ice and Heat Therapy** – Ice and heat can stimulate blood flow and decrease swelling, which assists in the rehab healing process.
- **Ultrasound** – Ultrasound uses high frequency sound waves to stimulate the deep tissues within the body, which leads to increased blood flow to the tissues.
- **Electrical Stimulation** – Electrical stimulation sounds frightening but is harmless. In fact, it is very helpful in diminishing pain, increasing blood flow, and improving the overall healing process.
- **Soft Tissue Massage** – Soft tissue massage decreases pain and increases flexibility.

## Testimonial



*“I was using a walker after my total knee replacement. After only one week of physical therapy, I was using a cane. After just two weeks of physical therapy, I got rid of the cane. My strength, flexibility, and balance improved over the next month. I am now dancing with my wife and mowing the lawn.”* – Ralph Seitez, Madera, CA

Talk to Troxell & Mohr Physical Therapy today to schedule a **FREE** screening

