

creighton physical therapy schedule

creighton physical therapy schedule is a vital aspect for patients seeking effective rehabilitation and recovery services at Creighton University's health facilities. Understanding the scheduling process, available appointment times, and how to coordinate therapy sessions can greatly enhance treatment outcomes. This article provides a comprehensive overview of the Creighton physical therapy schedule, including how appointments are arranged, typical session durations, and tips for managing your therapy timetable. Additionally, details about the different therapy services offered and how the schedule adapts to patient needs are discussed. Whether you are a new patient or a returning client, knowing the structure of the Creighton physical therapy schedule helps ensure smooth and timely care. The following sections break down essential information to facilitate your physical therapy experience at Creighton.

- Understanding the Creighton Physical Therapy Schedule
- Appointment Booking and Availability
- Types of Physical Therapy Services Offered
- Typical Session Length and Frequency
- Managing and Adjusting Your Therapy Schedule
- Patient Tips for Optimizing Therapy Appointments

Understanding the Creighton Physical Therapy Schedule

The Creighton physical therapy schedule is designed to accommodate a wide range of patient needs, including post-surgical rehabilitation, injury recovery, chronic pain management, and mobility improvement. The schedule is structured to provide flexibility while maintaining consistency in therapy sessions, which is crucial for effective treatment. It integrates patient availability with therapist expertise and facility resources to optimize appointment times. The scheduling system prioritizes timely access to care, aiming to reduce wait times and ensure continuity of treatment. Understanding the framework of this schedule helps patients plan their therapy around personal and professional commitments efficiently.

Scheduling Framework and Hours of Operation

Creighton's physical therapy departments generally operate during standard business hours, with some locations offering extended hours to accommodate varied patient schedules. Typical hours range from early morning to early evening on weekdays, and limited weekend sessions may be available based on demand. The scheduling framework balances therapist availability, equipment usage, and patient flow to maximize service delivery. Patients can expect appointments to be set within these timeframes, with some flexibility for urgent cases or specialized treatments.

Coordination with Referrals and Physician Recommendations

The physical therapy schedule at Creighton often depends on physician referrals and treatment plans. Once a referral is made, scheduling staff coordinate with patients to arrange therapy sessions that align with prescribed protocols. This coordination ensures that therapy frequency and session lengths meet clinical guidelines while fitting into the patient's lifestyle. This integrated approach supports optimal recovery timelines and enhances communication between healthcare providers and patients.

Appointment Booking and Availability

Booking an appointment within the Creighton physical therapy schedule involves a streamlined process designed to minimize delays and accommodate patient preferences. Patients can schedule appointments via phone, online portals, or in-person at the clinic. Early booking is encouraged to secure preferred times, especially for peak hours. The availability also depends on the type of therapy required, therapist specialization, and clinic location.

Methods for Scheduling Appointments

Creighton offers multiple convenient methods for appointment scheduling:

- Telephone scheduling through dedicated patient service lines
- Online appointment requests via the Creighton health services portal
- Direct scheduling during in-person visits or follow-up appointments

These options ensure that patients have flexible ways to secure therapy sessions according to their needs.

Wait Times and Walk-In Policies

While most appointments require prior scheduling, some Creighton physical therapy locations may accept walk-ins based on therapist availability. Wait times can vary depending on demand, especially during peak hours or seasons with higher injury rates. Patients are advised to book in advance to avoid delays, but the clinic strives to accommodate urgent cases promptly within the existing schedule.

Types of Physical Therapy Services Offered

The Creighton physical therapy schedule encompasses a variety of specialized services tailored to different rehabilitation needs. Each service may have unique scheduling considerations based on therapy intensity and equipment requirements. The diverse offerings ensure comprehensive care for patients with musculoskeletal issues, neurological conditions, sports injuries, and postoperative recovery.

Orthopedic Physical Therapy

This service focuses on restoring function after orthopedic injuries or surgeries. Scheduling typically involves multiple weekly sessions early in the recovery process, gradually tapering as patients improve. The schedule accommodates individualized treatment plans that may include manual therapy, therapeutic exercises, and modality applications.

Sports Rehabilitation

Sports rehabilitation at Creighton is designed for athletes and active individuals aiming to return to peak performance. The physical therapy schedule for this service includes specialized sessions that can be more frequent during intensive recovery phases. Flexibility in scheduling is essential to align with training and competition calendars.

Neurological and Geriatric Therapy

Patients requiring neurological or geriatric physical therapy receive customized schedules that consider the complexity of their conditions. Sessions may be longer or more frequent depending on individual needs, and the schedule allows for integration with other medical appointments or caregiver availability.

Typical Session Length and Frequency

The duration and frequency of physical therapy sessions within the Creighton physical therapy schedule vary based on treatment goals, patient condition, and therapist recommendations.

Understanding these parameters helps patients prepare appropriately for their appointments and manage expectations regarding recovery timelines.

Session Duration

Most physical therapy sessions at Creighton last between 30 to 60 minutes. Initial evaluations may take longer to allow comprehensive assessment, while follow-up sessions focus on targeted interventions. The schedule allows for flexibility in session length to accommodate different therapy modalities and patient tolerance.

Frequency of Appointments

Therapy frequency typically ranges from one to three sessions per week, depending on the severity of the condition and the stage of recovery. Intensive rehabilitation phases may require more frequent visits, while maintenance or preventive therapy might involve less frequent scheduling. The Creighton physical therapy schedule is adjusted dynamically to reflect patient progress and treatment responsiveness.

Managing and Adjusting Your Therapy Schedule

Effective management of the Creighton physical therapy schedule is essential for maximizing therapeutic outcomes. Patients are encouraged to communicate openly with scheduling staff and therapists to address any conflicts or changes in availability. Creighton provides systems to facilitate adjustments and ensure continuity of care without unnecessary interruptions.

Rescheduling and Cancellations

Patients can reschedule or cancel appointments by contacting the scheduling office or using online portals. It is recommended to provide notice at least 24 hours in advance to avoid penalties and to allow other patients to use the available time slots. Creighton recognizes that flexibility is crucial and strives to accommodate reasonable schedule changes.

Coordinating with Other Medical Appointments

Many patients undergoing physical therapy may have concurrent medical appointments. The Creighton physical therapy schedule can be coordinated with these visits to minimize travel and waiting times. Scheduling staff work collaboratively with other departments to create an efficient overall care schedule for the patient.

Patient Tips for Optimizing Therapy Appointments

Maximizing the benefits of the Creighton physical therapy schedule involves proactive engagement and preparation by patients. Adhering to scheduled sessions, arriving on time, and following therapist instructions contribute to effective treatment. Additionally, understanding scheduling policies and maintaining open communication enhance the overall therapy experience.

- Book appointments well in advance to secure preferred times
- Notify the clinic promptly in case of scheduling conflicts or illness
- Prepare necessary documentation and wear appropriate attire for therapy sessions
- Follow prescribed home exercise programs to complement in-clinic therapy

- Keep a personal calendar to track appointments and progress

By following these guidelines, patients can ensure that their Creighton physical therapy schedule supports optimal rehabilitation outcomes and a smooth treatment journey.

Frequently Asked Questions

What are the typical hours for Creighton Physical Therapy appointments?

Creighton Physical Therapy appointments are generally available Monday through Friday from 8:00 AM to 5:00 PM, with some locations offering early morning or evening hours.

How can I book a Creighton Physical Therapy session?

You can schedule a Creighton Physical Therapy session by calling their office directly, using their online appointment system, or through a referral from your healthcare provider.

Does Creighton Physical Therapy offer weekend appointments?

Weekend appointments at Creighton Physical Therapy are limited and may be available at select locations. It's best to contact the specific clinic for availability.

Can I reschedule my Creighton Physical Therapy appointment?

Yes, you can reschedule your appointment by calling the clinic at least 24 hours in advance to avoid any cancellation fees.

Are walk-in appointments accepted at Creighton Physical Therapy?

Creighton Physical Therapy typically requires scheduled appointments; walk-ins are not commonly accepted to ensure proper care and availability.

How far in advance should I schedule my Creighton Physical Therapy sessions?

It's recommended to schedule your sessions at least one to two weeks in advance to secure your preferred time slot and therapist.

Is there an online portal to view and manage Creighton Physical Therapy schedules?

Yes, Creighton Physical Therapy offers an online patient portal where you can view, book, and manage your appointments conveniently.

Do Creighton Physical Therapy schedules vary by location?

Yes, scheduling hours and availability can vary depending on the specific Creighton Physical Therapy location, so it's advisable to check with the clinic nearest to you.

Additional Resources

1. Optimizing Your Creighton Physical Therapy Schedule: A Comprehensive Guide

This book offers detailed strategies for organizing and managing your physical therapy appointments at Creighton University. It covers effective scheduling techniques, balancing therapy with daily responsibilities, and maximizing session benefits. Ideal for patients and caregivers aiming to streamline their therapy routines.

2. Creighton Physical Therapy: Planning and Time Management

Focused on the importance of time management, this book helps patients understand how to create a consistent and productive physical therapy schedule. It includes practical tips for overcoming common scheduling challenges and maintaining motivation throughout the treatment process.

3. Mastering the Creighton PT Schedule: Tools for Success

This resource provides tools and templates designed to help patients track and manage their physical therapy sessions effectively. It emphasizes goal setting, progress monitoring, and adapting schedules to fit individual recovery needs at Creighton's facilities.

4. Patient's Handbook to Creighton Physical Therapy Scheduling

An easy-to-understand manual that guides patients through the scheduling process at Creighton Physical Therapy. It includes information on appointment booking, rescheduling policies, and how to communicate with therapists to ensure optimal care.

5. Time-Saving Techniques for Creighton Physical Therapy Patients

This book shares practical advice on how to save time while attending physical therapy sessions at Creighton. It discusses strategies like preparing for appointments in advance, coordinating transportation, and balancing therapy with work or school commitments.

6. Enhancing Recovery with a Structured Creighton PT Schedule

Exploring the connection between structured scheduling and effective rehabilitation, this book helps patients design therapy schedules that promote faster recovery. It highlights the benefits of consistency, rest periods, and personalized session timing.

7. Technology and Tools for Managing Your Creighton Physical Therapy Schedule

This guide introduces various digital tools and apps that can assist patients in organizing their Creighton physical therapy appointments. It reviews calendar apps, reminder systems, and patient portals that improve communication and adherence to therapy plans.

8. Balancing Life and Therapy: Scheduling Tips for Creighton PT Patients

Addressing the challenges of integrating physical therapy into busy lives, this book offers advice on

balancing work, family, and therapy sessions. It includes case studies and expert tips on creating flexible yet effective schedules.

9. *The Creighton Physical Therapy Scheduling Workbook*

A hands-on workbook designed to help patients plan, record, and reflect on their therapy appointments. It includes worksheets for weekly scheduling, goal tracking, and notes to discuss with therapists, empowering patients to take an active role in their recovery journey.

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Katherine Shepard, Gail M. Jensen, 2002 * Written by leading educators in the field * Covers lecturing, laboratory instruction, working with patients and families, delivering in-service to colleagues, and more * Clearly presented material on theory and application * Real-life, practical examples

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Catherine G Page, 2015-02-06 That's why we've provided wisdom you won't find in any other Management text—practical business principles and perspectives for all types of clinical settings to help you prepare for wherever life may lead you. Walk through true stories of trials and triumphs as Catherine Page shows you how to create a personal business plan that will set you up for success—whether you decide to own a clinic or focus on direct patient care.

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Syndromes Cesar Fernandez de las Penas, Joshua Cleland, Jan Dommerholt, 2015-06-26 A pioneering, one-stop manual which harvests the best proven approaches from physiotherapy research and practice to assist the busy clinician in real-life screening, diagnosis and management of patients with musculoskeletal pain across the whole body. Led by an experienced editorial team, the chapter authors have integrated both their clinical experience and expertise with reasoning based on a neurophysiologic rationale with the most updated evidence. The textbook is divided into eleven sections, covering the top evidence-informed techniques in massage, trigger points, neural muscle energy, manipulations, dry needling, myofascial release, therapeutic exercise and psychological approaches. In the General Introduction, several authors review the epidemiology of upper and lower extremity pain syndromes and the process of taking a comprehensive history in patients affected by pain. In Chapter 5, the basic principles of the physical examination are covered, while Chapter 6 places the field of manual therapy within the context of contemporary pain neurosciences and therapeutic neuroscience education. For the remaining sections, the textbook alternates between the upper and lower quadrants. Sections 2 and 3 provide state-of-the-art updates on mechanical neck pain, whiplash, thoracic outlet syndrome, myelopathy, radiculopathy, peri-partum pelvic pain, joint mobilizations and manipulations and therapeutic exercises, among others. Sections 4 to 9 review pertinent and updated aspects of the shoulder, hip, elbow, knee, the wrist and hand, and finally the ankle and foot. The last two sections of the book are devoted to muscle referred pain and neurodynamics. The only one-stop manual detailing examination and treatment of the most commonly seen pain syndromes supported by accurate scientific and clinical data Over 800 illustrations demonstrating examination procedures and techniques Led by an expert editorial team and contributed by internationally-renowned researchers, educators and clinicians Covers epidemiology and history-taking Highly practical with a constant clinical emphasis

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Lunnen, Reva Rauk, 2018-01-02 The neuro rehab text that mirrors how you learn and how you practice! Take an evidence-based approach to the neurorehabilitation of adult and pediatric patients across the lifespan that reflects the APTA's patient management model and the WHO's International Classification of Function (ICF). You'll study examination and interventions from the body structure/function impairments and functional activity limitations commonly encountered in patients with neurologic disorders. Then, understanding the disablement process, you'll be able to organize the clinical data that leads to therapeutic interventions for specific underlying impairments and functional activity limitations that can then be applied as appropriate anytime they are detected, regardless of the medical diagnosis.

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Feldman, Ellen Roy Elias, Nathan J Blum, Manuel Jimenez, Terry Stancin, 2022-08-18 Addressing the major advances in biomedical, psychological, social, and environmental sciences over the past decade, *Developmental-Behavioral Pediatrics*, 5th Edition, remains the reference of choice for professionals in a wide range of fields, including medicine and health care, education, social service, advocacy, and public policy. This foundational, pioneering resource emphasizes children's assets and liabilities, not just categorical labels. Comprehensive in scope, it offers information and guidance on normal development and behavior, psychosocial, and biologic influences on development, developmental disorders, neurodevelopmental disabilities, and mental health conditions. It also discusses tools and strategies for diagnosis and management, including new assessments that can be used in telehealth encounters. - Offers a highly practical focus, emphasizing clinical approaches to evaluation, counseling, treatment, and ongoing care. - Provides new or expanded information on theoretical foundations of human development and behavior; trauma, adverse childhood events, and resilience across the life span; mechanisms of genetic, epigenetic, and neurological conditions; and principles of psychological assessment, including a broad array of evaluation approaches. - Discusses management and treatment for developmental and behavioral conditions, spanning common factors, cognitive behavior therapies, rehabilitative services, integrative medicine, and psychopharmacology. - Contains up-to-date chapters on celebrating socio-cultural diversity and addressing racism and bias, acute stress and post-traumatic stress disorder in youth, sexuality and variation, and alternatives to restrictive guardianship. - Begins each chapter with a colorful vignette that demonstrates the importance of the human dimensions of developmental-behavioral pediatrics. - Offers viewpoints from an interdisciplinary team of editors and contributors, representing developmental-behavioral pediatrics, general pediatrics, psychiatry, psychology, occupational and physical therapy, speech-language pathology, and law. - Provides the latest drug information in the updated and revised chapters on psychopharmacology. - Includes key points boxes, tables, pictures, and diagrams to clarify and enhance the text.

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Professionals Kimberly A. Galt, Galt, Karen A. Paschal, 2010-10-25 Covering a wide range of health care disciplines, *Foundations in Patient Safety for Health Professionals* is a practical, comprehensive guide to creating a culture of safety in health care settings. Developed by faculty members in bioethics, business, dentistry, law, medicine, nursing, occupational therapy, pharmacy, physical therapy, and social work, this introductory textbook presents the history of safety and the core concepts of patient safety. This important resource features a patient-centered approach within a practice-based context. Written in a straightforward style, it uses personal and professional stories to illustrate the application of safety principles. Modules and case-based exercises help students learn the importance of safety best practices and quality improvements. Practicing health care professionals will also find this book to be a valuable resource.

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Susan K Effgen, 2012-09-12 Ensure children with disabilities and special healthcare needs achieve their full potential. Noted authority Susan Effgen and a team of scholars and clinical experts explore the role of the physical therapist in meeting the needs of children and their families in a culturally appropriate context using a family-centered, abilities-based model. The 2nd Edition of this landmark text has been thoroughly revised, updated, and expanded to encompass all of today's new theories, clinical applications, and skills. From the major body systems to assistive technology and intervention support, you'll develop the clinical knowledge you need to provide a child with the very best care from initial examination to graduation from your services.

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