

symmetry physical therapy victorville ca

symmetry physical therapy victorville ca is a premier facility dedicated to providing expert rehabilitation services tailored to the needs of patients in Victorville and the surrounding areas. Specializing in personalized treatment plans, this clinic focuses on restoring mobility, alleviating pain, and improving overall physical function. With a team of licensed physical therapists and state-of-the-art equipment, Symmetry Physical Therapy ensures effective recovery from injuries, surgeries, and chronic conditions. This article explores the comprehensive services offered, the benefits of choosing this clinic, and the specialized approaches that set it apart in Victorville, CA. Readers will also find information on patient care protocols, common treatments, and how to access these services seamlessly.

- Overview of Symmetry Physical Therapy
- Services Offered at Symmetry Physical Therapy
- Benefits of Choosing Symmetry Physical Therapy in Victorville
- Common Conditions Treated
- Therapeutic Techniques and Modalities
- Patient Experience and Care Approach
- How to Access Symmetry Physical Therapy Services

Overview of Symmetry Physical Therapy

Symmetry Physical Therapy in Victorville, CA, is designed to provide comprehensive rehabilitative care that addresses a wide range of musculoskeletal and neurological issues. The clinic is staffed by experienced professionals who use evidence-based practices to ensure optimal recovery outcomes. The team focuses on individualized assessment and treatment plans that promote symmetry in body movement, reduce pain, and enhance strength and flexibility.

Mission and Vision

The mission of Symmetry Physical Therapy is to improve patients' quality of life through professional, compassionate, and effective physical therapy services. Their vision emphasizes patient-centered care,

continuous education, and innovation in rehabilitation techniques to maintain a leading position in Victorville's healthcare community.

Facility and Equipment

The clinic is equipped with the latest technology and rehabilitation tools, allowing therapists to deliver a wide array of treatments. This includes advanced modalities such as ultrasound therapy, electrical stimulation, and computerized gait analysis. The modern facility supports a comfortable and safe environment conducive to healing.

Services Offered at Symmetry Physical Therapy

Symmetry Physical Therapy Victorville CA provides a broad spectrum of services tailored to meet the diverse needs of its patients. These include outpatient physical therapy, injury prevention programs, post-surgical rehabilitation, and specialized therapeutic exercises.

Outpatient Physical Therapy

Outpatient services cater to individuals recovering from injuries or surgeries, or those managing chronic conditions. Treatment focuses on restoring function, reducing pain, and preventing future injuries through targeted exercise and manual therapy.

Sports Rehabilitation

Targeted at athletes and active individuals, sports rehabilitation at Symmetry Physical Therapy aims to enhance performance and expedite recovery from sports-related injuries. Therapists develop sport-specific protocols that promote strength, flexibility, and endurance.

Post-Surgical Rehabilitation

Following orthopedic surgeries such as joint replacements or ligament repairs, patients receive tailored rehabilitation programs to regain mobility, reduce swelling, and restore strength. The clinic emphasizes gradual progression to ensure safe recovery.

Benefits of Choosing Symmetry Physical Therapy in Victorville

Opting for Symmetry Physical Therapy in Victorville offers numerous advantages that contribute to successful rehabilitation and improved health outcomes. The clinic's approach integrates personalized care, multidisciplinary expertise, and patient education.

Personalized Treatment Plans

Every patient's condition is unique, and the therapists at Symmetry Physical Therapy develop customized treatment plans based on thorough assessments. This personalized approach maximizes recovery efficiency and addresses specific functional goals.

Experienced and Licensed Therapists

The team comprises highly qualified physical therapists with specialized certifications and extensive clinical experience. Their expertise ensures that patients receive safe, effective, and up-to-date therapeutic interventions.

Comprehensive Patient Education

Educating patients about their conditions, preventive strategies, and home exercise programs is a core component of care. This empowers patients to actively participate in their recovery and maintain long-term health.

Common Conditions Treated

Symmetry Physical Therapy Victorville CA is equipped to manage a variety of musculoskeletal and neurological disorders. Treatment plans are designed to target the root causes and prevent recurrence.

- Back and neck pain
- Arthritis and joint pain
- Sports injuries including sprains and strains
- Post-operative rehabilitation
- Neurological conditions such as stroke and Parkinson's disease

- Balance and gait disorders
- Work-related injuries

Therapeutic Techniques and Modalities

The clinic employs a variety of physical therapy techniques and modalities to optimize patient outcomes, combining manual therapy with advanced technological interventions.

Manual Therapy

Manual therapy involves hands-on techniques to mobilize joints, reduce soft tissue restrictions, and alleviate pain. This approach is essential for restoring normal movement patterns and improving function.

Therapeutic Exercises

Customized exercise programs focus on strength, flexibility, balance, and endurance. These exercises are integral to rehabilitation and prevention of future injuries.

Modalities and Technology

Symmetry Physical Therapy utilizes ultrasound, electrical stimulation, heat and cold therapy, and other modalities that complement manual therapy and exercises. These technologies aid in pain management and tissue healing.

Patient Experience and Care Approach

Patient-centered care is fundamental at Symmetry Physical Therapy Victorville CA. The clinic prioritizes communication, comfort, and collaboration throughout the treatment process.

Initial Evaluation and Assessment

Each patient undergoes a thorough evaluation to identify functional limitations, pain sources, and movement imbalances. This assessment guides the creation of an effective treatment plan tailored to individual needs.

Ongoing Progress Monitoring

Therapists regularly assess treatment progress, adjusting interventions as necessary to ensure optimal recovery. This dynamic approach helps maintain motivation and achieve measurable results.

Supportive Environment

The clinic fosters a welcoming, supportive atmosphere that encourages patient engagement and confidence. Staff members are committed to providing compassionate care and addressing any concerns promptly.

How to Access Symmetry Physical Therapy Services

Accessing physical therapy services at Symmetry Physical Therapy in Victorville is straightforward, with options available to accommodate various patient needs and schedules.

Appointment Scheduling

Patients can schedule appointments by contacting the clinic directly during business hours. The staff assists in selecting convenient times and explaining any necessary paperwork.

Insurance and Payment Options

The clinic accepts a range of insurance plans and offers guidance on coverage and out-of-pocket costs. Flexible payment options are also available to ensure accessibility for all patients.

Referral and Direct Access

Depending on state regulations, patients may access physical therapy services through physician referrals or direct access, allowing prompt initiation of treatment without delays.

Frequently Asked Questions

What services does Symmetry Physical Therapy in Victorville, CA offer?

Symmetry Physical Therapy in Victorville, CA offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and personalized exercise

programs to aid recovery and improve mobility.

How can I book an appointment with Symmetry Physical Therapy in Victorville, CA?

You can book an appointment with Symmetry Physical Therapy in Victorville, CA by calling their office directly, visiting their official website, or using online booking platforms if available.

Does Symmetry Physical Therapy accept insurance in Victorville, CA?

Yes, Symmetry Physical Therapy in Victorville, CA accepts most major insurance plans. It is recommended to contact their office to confirm if your specific insurance is accepted.

What are the operating hours of Symmetry Physical Therapy in Victorville, CA?

Symmetry Physical Therapy in Victorville, CA typically operates Monday through Friday during business hours. For exact times, it is best to check their website or contact the clinic directly.

What conditions does Symmetry Physical Therapy in Victorville, CA specialize in treating?

Symmetry Physical Therapy specializes in treating musculoskeletal injuries, chronic pain, post-operative rehabilitation, sports injuries, neurological conditions, and balance disorders.

Are there any patient reviews available for Symmetry Physical Therapy in Victorville, CA?

Yes, patient reviews for Symmetry Physical Therapy in Victorville, CA can be found on platforms like Google, Yelp, and their official website, where many patients share positive experiences about the quality of care and professionalism.

What makes Symmetry Physical Therapy in Victorville, CA stand out from other physical therapy clinics?

Symmetry Physical Therapy in Victorville, CA stands out due to its personalized treatment plans, experienced therapists, use of advanced techniques and equipment, and a patient-centered approach focused on achieving optimal recovery outcomes.

Additional Resources

1. *Symmetry in Motion: Physical Therapy Techniques for Optimal Recovery*

This book explores the fundamental principles of symmetry in human movement and how physical therapy can restore balance and function. It offers detailed exercises and case studies specifically designed for therapists working with patients in Victorville, CA. The text emphasizes the importance of symmetry in preventing injury and enhancing rehabilitation outcomes.

2. *Balanced Bodies: A Guide to Symmetry-Based Physical Therapy*

Focused on restoring physical symmetry, this guide provides practical approaches for therapists to assess and treat musculoskeletal imbalances. It includes protocols tailored to common conditions treated in Victorville clinics, with an emphasis on patient-centered care. The book also covers the role of symmetry in improving posture and movement efficiency.

3. *Rehabilitative Symmetry: Techniques for Physical Therapy Practitioners*

This comprehensive manual discusses advanced techniques to achieve symmetry in physical therapy patients. It highlights diagnostic tools and therapeutic interventions that are effective in the Victorville area's clinical settings. Readers will find insights into integrating symmetry principles with modern rehabilitation technology.

4. *Symmetry and Strength: Enhancing Physical Therapy Outcomes in Victorville*

Targeted at therapists in Victorville, this book delves into the connection between symmetrical muscle development and strength training. It provides evidence-based strategies to build balanced strength and prevent compensatory injuries. The content is supported by local case studies and patient success stories.

5. *Physical Therapy and Symmetry: A Holistic Approach to Healing*

This title presents a holistic framework for incorporating symmetry into physical therapy treatment plans. It discusses how symmetry influences pain reduction, mobility, and long-term wellness. Therapists in Victorville will benefit from the integrative techniques that combine manual therapy with exercise science.

6. *Symmetry Assessment in Physical Therapy: Tools and Techniques*

A practical resource focusing on the assessment of physical symmetry, this book equips therapists with measurement tools and observational methods. It is ideal for clinics in Victorville aiming to enhance diagnostic accuracy and treatment planning. The text also reviews the latest technology used in symmetry analysis.

7. *The Science of Symmetry in Physical Therapy Practice*

This book provides an in-depth scientific background on the role of symmetry in biomechanics and rehabilitation. It is designed for Victorville physical therapy professionals seeking to deepen their understanding of movement science. The book integrates research findings with practical applications to improve patient care.

8. *Symmetry Restoration: Case Studies in Physical Therapy from Victorville*

Featuring real-life case studies from Victorville physical therapy centers, this book illustrates successful symmetry restoration strategies. It offers detailed treatment plans and outcome evaluations for various musculoskeletal conditions. Therapists will gain valuable insights into patient management and goal setting.

9. *Innovations in Symmetry-Based Physical Therapy*

Highlighting the latest advancements, this book covers cutting-edge symmetry-based therapeutic techniques and technologies. It is tailored for Victorville practitioners interested in innovative approaches to rehabilitation. The text includes discussions on wearable devices, digital assessment tools, and personalized therapy programs.

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symmetry physical therapy victorville ca: 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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symmetry physical therapy victorville ca: 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.

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symmetry physical therapy victorville ca: Complementary Therapies for Physical Therapy - E-Book Judith E. Deutsch, Ellen Z. Anderson, 2007-12-10 Complementary Therapies for Physical Therapy: A Clinical Decision-Making Approach is unique in that it provides a comprehensive overview plus detailed coverage of the therapies most relevant to rehabilitation. The largest section of the book covers Manual Body-Based Therapies, which (arguably) are a natural extension of established physical and occupational therapy interventions. This section includes Rolfing, Feldenkrais Method, Alexander Technique, Craniosacral Therapy, Pilates, Trager, and Shiatsu. Movement therapies which are not hands-on (Yoga and Tai Chi) are covered in another section. Separate chapters are devoted to Qi Gong and Magnets, which many therapists use along with more traditional physical agents. - PICO (Population, Intervention, Comparison, Outcome) boxes

summarize key information and save you time by providing a method for performing quick and accurate literature searches. - Realistic case scenarios show you how various CAM modalities can be incorporated into treatment for therapeutic benefit. - The use of the clinical decision-making model prepares you to implement critical-thinking skills across other CAM treatments. - Well-referenced content with a focus on literature ensures that content is up-to-date and evidence-based to provide you with the tools you need to search additional areas and keep current with new literature in this constantly changing field. - An emphasis on therapies most relevant to rehabilitation ensures you get the information you need to incorporate CAM into your practice.

symmetry physical therapy victorville ca: National Physical Therapy Exam and Review
Annie Burke-Doe, Mark Dutton, 2018-11-22 Publisher's Note: Products purchased from Third Party sellers are not guaranteed by the publisher for quality, authenticity, or access to any online entitlements included with the product. The Key To Success on the National Physical Therapy Exam! Earn Your Licensure with the Help of this Student-Friendly Board Review Includes 100-question practice exam Brimming with color illustrations, numerous tables, valuable chapter Summaries, checklists, plus 100+ Q&A, this visually appealing and highly engaging review is the perfect way to prepare for the National Physical Therapy Examination (NPTE™) for physical therapy licensure. This user-friendly review is written to parallel the exam and offers concise information on a broad range of topics found on the actual exam. Within its pages you will find insights from expert professional physical therapists on each component of the exam, encompassing a complete review of essential NPTE content. Here's why this is the ultimate National Physical Therapy Examination review: • Valuable introductory chapter details what to expect on exam day and reveals test-taking strategies designed to maximize your score • Chapter-ending multiple-choice questions test your knowledge of specific topics • Each chapter opens with "High-Yield Terms to Learn" and concludes with a checklist of what you should know or be able to do upon completing the chapter • Color highlighted summary tables encapsulate important information, making it easy to study and remember • A practice exam with 100+ questions • Logical systems-based chapter coverage, plus special topics such as geriatrics and pediatrics

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Margaret M. Plack, MaryAnne Driscoll, 2017 Teaching and Learning in Physical Therapy: From Classroom to Clinic, Second Edition is based on the teaching, research, and professional experiences of Drs. Margaret Plack and Maryanne Driscoll, who together have over 60 years of experience. More importantly it contains practical information that allows students, educators, and clinicians to develop optimal instructional strategies in a variety of settings. Clinical scenarios and reflective questions are interspersed throughout, providing opportunities for active learning, critical thinking, and immediate direct application.

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American Physical Therapy Association, 2000

symmetry physical therapy victorville ca: Manual Physical Therapy of the Spine Kenneth A. Olson, 2008-10-15 This is a Pageburst digital textbook; A hands-on, how-to approach helps you learn techniques and clinical problem-solving skills for treating spine and TMJ disorders! Written by a well-known authority on the subject of spinal manipulation in physical therapy, this book provides the information you need to make sound decisions during clinical interventions. An evidence-based

impairment classification approach helps you provide the best outcomes for your patients. A companion DVD includes video clips demonstrating spinal examination and manipulation procedures. Specifically for physical therapists dedicated to spinal manipulation! Complete coverage meets the core curriculum needs of physical therapy students, and provides an excellent self-study tool for clinicians wanting to enhance their practice. Detailed information on treatment strategies and techniques includes evidence-based coverage of the examination and treatment of spine and TMJ disorders, with an emphasis on integration of manipulation and therapeutic exercise. A framework for completing a comprehensive exam includes medical screening, patient interview, disability assessment, and tests and measures, along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care. Narrated video clips on a companion DVD include step-by-step instructions of each procedure, plus a unique 3-dimensional perspective of over 80 spinal manipulations and procedures (frontal, lateral, and cranial views). A DVD icon in the book links the text discussion to the DVD. Case studies demonstrate the clinical reasoning used in manual physical therapy. Guide to Physical Therapist Practice terminology is used throughout the book, making the content easier to understand and promoting conformity in terminology. Clear photographs show essential concepts and procedures from multiple angles, illustrating hand and body placement and direction of force. A clear, consistent format makes this a convenient reference in the clinical setting. Lay-flat binding allows the text to lay open for ease of use.

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