

## Orthopedic Rehab

Orthopedic physical therapists work closely with the musculoskeletal system of the body. Specifically, they diagnose, treat and manage certain disorders. Oftentimes, treatment programs will include rehabilitation after orthopedic surgery has occurred.

The orthopedic physical therapist is highly trained in the treatment of sprains, bone fractures, neck and back pain, amputations, acute sports injuries, post-operative orthopedic surgeries, strains, spinal conditions and acute sports injuries. Typically, these highly skilled specialists can be found treating clients in a clinical setting on an out-patient basis.

Physical therapists often use a variety of modalities during treatment including: hot and cold packs, spine and joint manipulation or mobilization therapeutic exercise, electrical muscle stimulation, dry needling and neuromuscular re-education. Additionally, the use of sonography or ultrasound is being utilized alongside traditional diagnosis in order to help facilitate the muscle retraining process. Those individuals who have suffered disease or injury to their musculoskeletal system will greatly benefit from having an orthopedic physical therapist conduct an assessment.