

Services

Physical Therapy Specialties



Certified McKenzie Specialist

The McKenzie Method of Mechanical Diagnosis and Therapy is a reliable assessment process intended for all musculoskeletal problems, including pain in the back, neck and extremities that allows patients to learn specific principles that can reduce dependency on invasive medical intervention.

Fewer than 10% of the physical therapists in the U.S. are Board Certified in a specialty, which requires demonstrated experience in the specialty field and a passing score on an extensive written exam.



Orthopedic Clinical Specialist (OCS)

When you are looking for someone with true knowledge in orthopedic physical therapy, you want someone Board Certified as an Orthopedic Clinical Specialist (OCS). These specialists have advanced training, and must have completed at least 2000 clock hours working specifically with orthopedic conditions. Specialist certification initials represent PTs who demonstrate competence in both specialized knowledge and advanced clinical proficiency.



Sports Clinical Specialist (SCS)

The SCS is a board certification administered through the American Board of Physical Therapy Specialties (ABPTS). It designates an expert in athletic injury management, including acute care, treatment,

rehabilitation, prevention, and education.

As quoted from the ABPTS website, “The specialist certification program has been designed to identify and define physical therapy specialty areas and to formally recognize physical therapists who have attained advanced knowledge and skills in those areas. Certification also assists the public and health care community in identifying therapists with acknowledged expertise in a particular field of practice and demonstrates that physical therapists are devoted to addressing the unique needs of the people with whom we work.”

 **Certified Orthopedic Manual Therapist**

Advanced methods through the International Academy of Orthopedic Medicine that employ clinical examination and selective tissue testing followed by evidence-based treatments of manual therapy and exercise to manage/overcome pain and increase mobility. These methods advance patients toward sustainable health and active living.

 **Graston Technique Specialist**

An innovative, evidence-based form of instrument assisted soft tissue mobilization enabling therapists to detect and effectively break down scar tissue and fascial restrictions, improving range of motion. GT can treat acute and chronic conditions such as Achilles Tendinitis, Plantar Fasciitis, Carpal Tunnel Syndrome, Adhesive Capsulitis, IT Band Syndrome and spinal strains.



Functional Movement Screening

The FMS is the screening tool used to identify limitations or asymmetries. It measures seven fundamental movement patterns that are key to functional movement quality in individuals with no current pain or known musculoskeletal injury.



Trigger Point Dry Needling

Dry needling (Myofascial Trigger Point Dry Needling) is the use of either solid filiform needles (also referred to as acupuncture needles) or hollow-core hypodermic needles for relief of muscle pain and spasm,

including pain related to myofascial pain syndrome.



Certified Kinesio Taping Practitioner

Kinesio Taping is designed to facilitate the body’s natural healing process while allowing support and stability to muscles and joints without restricting the body’s range of motion. It is used to successfully treat a variety of orthopedic, neuromuscular, neurological and medical conditions.



Certified Strength and Conditioning Specialist

Professionals who apply scientific knowledge to train individuals for the primary goal of improving performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention.



Aquatic Specialist

In our Midland location, certification based on the comprehensive studies of the fundamental knowledge, skills and abilities necessary to provide safe, quality evidence-based patient care using the aquatic environment. Certificate in Aquatic Physical Therapy Clinical Competency.



Certified and Licensed Athletic Trainers

Recognized Allied Healthcare Professionals who provide the absolute best in sports medicine care to local, area and regional sports teams and schools. With experience from the international level to the pee-wee level, our athletic trainers work closely with area physicians, hospitals, coaches and parents to ensure injury prevention and diagnosis, acute care, rehabilitation and safe return to athletic activities.
