



- **Soft Tissue Mobilization:** Passive movement of tissue (physical therapist controlling movement)
- **Joint Mobilization:** Passive movement of a particular joint (physical therapist controlling movement)
- **Therapeutic Exercise:** Exercises with a specific purpose
- **Therapeutic Activities:** Activities that mimic actions, like lifting, carrying, or walking
- **Muscle energy techniques:** Use of active muscle contractions to move a joint
- **Manual Therapy:** Hands-on treatment of a particular injury
- **Neuromuscular Reeducation:** Use of functional activities to retrain the brain to do specific movement patterns
- **Ultrasound:** Sound waves emitted by a wand that bring heat to injured tissue
- **Electrical Stimulation:** Electrical impulses through pads placed on or around the injured area used to retrain muscles, decrease swelling, or increase blood flow
- **Iontophoresis:** Electrical impulses through pads placed on or around the injured area used to work medication into the tissue close to the surface, usually to decrease inflammation
- **Phonophoresis:** A wand that emits sound waves used to work medications into tissues, usually to decrease inflammation
- **Co-Morbidities:** Medical conditions or common diseases such as diabetes and hypertension that the patient may also have

Unique Role of a Concentra Therapist

Therapists at Concentra proactively collaborate with their medical and operational counterparts with the ultimate goal of providing the most effective patient outcomes in a welcoming, respectful, and skillful environment.

Role of a Physical Therapist

Physical Therapists (PTs) are health care professionals who diagnose and treat individuals with health-related conditions that limit their abilities to move and perform functional activities in their daily lives.

PTs examine each individual and develop a plan using treatment techniques to promote the ability to move, reduce pain, restore function, and prevent disability. In addition, PTs work with individuals to prevent the loss of mobility before it occurs by developing fitness and wellness programs for healthier, more active lifestyles.

Physical therapists provide care in a variety of settings including hospitals, private practices, outpatient clinics, home health agencies, schools, sports and fitness facilities, work settings, and nursing homes. State licensure is required in each state in which a physical therapist practices. *(American Physical Therapy Association)*

Role of an Occupational Therapist

Occupational Therapists (OTs) work cooperatively with other members of the health care team to assist individuals to improve their ability to perform tasks in their daily living and working environment.

OTs focus on the assessment and treatment of conditions that affect an individual's ability to perform daily life tasks ranging from self-care to high level job-related activities. In addition, OTs design treatment plans and assist patients with a variety of activities to improve function, visual, cognitive, and general coordination skills. Finally, OTs assess and provide adaptive equipment required to increase independence.

The ultimate goal of occupational therapy is to help a person be as independent as possible. State licensure is required in each state in which an occupational therapist practices.