

# Services

## What We Treat

### Is Physical Therapy for Me?

Physical Therapists are experts on movement and function. At Reischl Physical Therapy, Inc. our Physical Therapists are skilled at assessing and managing a range of conditions including:

- Physical conditions such as back pain, arthritis and repetitive strain injury
- Sports injuries
- Paediatric conditions such as developmental delay, fractures and cardiorespiratory conditions
- Post surgery recovery
- Physical complications of cancer and its treatment
- Mobility problems related to neurological disorders such as stroke, spinal cord injury or Parkinson's disease
- Pre- and post-natal problems and other women's health conditions
- Neck and back pain and other joint injuries

Physical Therapists in Long Beach can also help you to prevent most of the above conditions by offering advice on posture, exercise, workplace and lifestyle habits.

At Reischl Physical Therapy, Inc. your Physical Therapists work as part of a team with you and sometimes other health care providers or sports coaches. The success of your Physical Therapy program usually requires your co-operation outside of our Physical Therapy clinic. You will probably be required to participate in an exercise program or some modifications to your postural or lifestyle habits. Your dedication to your Physical Therapy "homework" will greatly enhance the outcome of your Physical Therapy program and will help you to achieve your goals as quickly as possible.

### Body Chart of Conditions We Treat

To explore our educational content, please use the navigation menu.

Our Injuries & Conditions resource is for informational purposes only. Do not diagnose, self treat, or attempt any exercises from the content on this site without contacting Reischl Physical Therapy, Inc., your physician or a qualified specialist first.

At Reischl Physical Therapy, Inc. we offer Orthopedic and Sports Physical Therapy Injury Prevention Personal Training Fitness Classes Custom Foot Orthoses Fabrication.

### Type of Rehabilitation at Reischl Physical Therapy

Some of the common practice areas are listed below. Ask your Physical Therapist in Long Beach if you are interested to know about any advanced training or skills they have acquired.

**Orthopaedic Physical Therapy** - Probably the most common Physical Therapy practice area is orthopaedics. These practitioners are skilled in post-surgical care, fracture rehabilitation, muscle sprain and strain injuries, neck and back pain, hip and knee problems, shoulder, elbow, and wrist conditions, as well as arthritis, tendinitis injuries, and a wide variety of other orthopaedic problems. Some therapists even go on to further focus within orthopaedics to one particular body part or injury, for example, neck pain resulting

from whiplash.

**Manual Therapy** - Manual therapy is a broad term that describes a variety of hands-on treatment techniques. Mobilizations, manipulations, Mulligan techniques, Maitland and Kaltenborn techniques, neural mobilizations, joint mobilizations, craniosacral therapy, strain/counter strain, and myofascial release are examples of some commonly used manual therapy techniques. Most Physical Therapists dealing with orthopaedic conditions incorporate some form of manual therapy as a part of their treatment plan.

**Geriatric Physical Therapy**- Some therapists focus particularly on rehabilitation for seniors. As the body ages, a variety of age-specific challenges arise. The body stiffens, loses strength, balance declines, bones may become brittle (osteopenia) and easily break (osteoporosis,) endurance decreases, and it takes longer to recover from injuries. Balance and fall prevention are of paramount importance to the therapist who is working with seniors and for this reason, some clinics are dedicated solely to caring for those with balance problems. Although most Physical Therapists work with some senior/geriatric patients, geriatric Physical Therapists deal solely with the aged population and are therefore especially skilled in dealing with the age-related changes that occur.

**Sports Rehabilitation** – Sports Physical Therapists are focussed on assisting with recovery after injury or surgery related to a sporting activity. They have extra training and knowledge of the unique injuries that sporting activity can create, whether at a recreational or Olympic level. Each sport tends to generate a common set of injuries and sports. Physical Therapists are knowledgeable in dealing with these specific injuries as well as the many other non-specific injuries that occur due to sport participation. Sport-specific programs, such as throwing, running or swimming tend to be incorporated into the rehabilitation used by these therapists with the goal of getting the patient back to the specified sport as soon as safely possible. Many sport Physical Therapists will also use manual therapy techniques (see above) as part of their rehabilitation programs.

**Fitness and Wellness** – All Physical Therapists at Reischl Physical Therapy, Inc. have been trained with a baseline knowledge in fitness and wellness. Some Physical Therapists, however, focus their practice solely on creating or teaching individual or group programs for fitness or to prevent or deal with a wide variety of other health related areas. Issues such as osteoporosis, diabetes, weight loss, cardiac problems, and fall prevention are examples of these focus areas.

**Women's Health** – These Physical Therapists focus their practice in women's issues such as pregnancy problems, pelvic pain, and incontinence. When compared to men, women have both a unique body structure as well as specific gender-related health issues that can arise. Physical Therapists who work primarily in women's health all have advanced knowledge and training regarding these problems and issues.

**Industrial Rehabilitation** – Physical Therapists in industrial rehabilitation deal specifically with patients that have suffered on-the-job injuries. They acquire extra training in such things as evaluating work tasks and ergonomics, fabricating assistive devices, and helping to redesign work flow/tasks to decrease the incidence of injury. Often industrial rehabilitation Physical Therapists will evaluate the ability to perform specific job tasks by performing a Functional Capacity Evaluation (FCE) and will then use this information to modify job tasks in order to maximize rehabilitation.

**Pediatric Physical Therapy** – Paediatric therapists focus their practice in the rehabilitation of children. In comparison to adults, children present with unique issues in regards to their bodies, and health. These specific paediatric issues need to be taken into account when treating and caring for this population; therefore the training and knowledge of a paediatric Physical Therapist is crucial. These Physical Therapists deal with children who suffer from a wide variety of problems such as cerebral palsy, developmental

disorders, neurological disorders, and/or orthopaedic issues.

**Neurological Rehabilitation** – A large portion of Physical Therapists work with patients who suffer from neurological conditions such as brain injury, spinal cord injuries, strokes, and other neurological diseases. The rehabilitation for these patients is highly specialized and includes functional training or retraining of their limbs in order to accomplish tasks such as moving around in bed (bed mobility,) getting in and out of a bed or chairs (transfer training,) walking, and wheelchair use if needed.

**Dizziness and Vertigo Rehabilitation** – Some Physical Therapists and entire clinics devote their practice to the rehabilitation of patients who suffer from dizziness or BPPV (benign paroxysmal positional vertigo). These therapists are highly skilled in managing these unique issues and the associated problems that arise. The therapists are highly trained to use special techniques that affect sensory and balance centers of the brain and limbs in their rehabilitation.

**Amputee Rehabilitation** – These Physical Therapists focus their practice in the rehabilitation of amputees. Their special knowledge and expertise includes caring for the injured limb, training for the use of assistive devices (crutches, canes, prosthetic limbs, etc.), as well as functional activity and walking training.

**Osteoporosis Rehabilitation and Prevention** – Some Physical Therapists as well as entire clinics focus their practice in the evaluation and treatment of patients with osteoporosis (low bone mass leading to bone fragility and increased fractures.) These therapists work closely with medical doctors to educate their patients about this disease, and design very specific weight-bearing and resistance training programs to combat it.

No further corrections were required below.