

crest physical therapy and wellness

Crest Physical Therapy and Wellness: Your Path to a Healthier, Happier You

Are you experiencing persistent pain, limited mobility, or struggling to reach your fitness goals? Do you crave a holistic approach to wellness that goes beyond just treating symptoms? Then you've come to the right place. This comprehensive guide dives deep into Crest Physical Therapy and Wellness, exploring what sets us apart, the services we offer, and how we can help you achieve optimal health and well-being. We'll cover everything from our experienced therapists to the innovative treatments we utilize, ensuring you understand how Crest can be your partner on your journey to a healthier, happier you.

Understanding Crest Physical Therapy and Wellness: More Than Just Rehab

At Crest Physical Therapy and Wellness, we believe in a proactive and personalized approach to healthcare. We go beyond traditional physical therapy, offering a comprehensive wellness program designed to address the root cause of your discomfort and empower you to take control of your health. We understand that physical pain often stems from a combination of factors – injury, poor posture, stress, and even lifestyle choices. Our integrated approach tackles these factors holistically, providing a tailored plan to help you achieve lasting results.

Our Comprehensive Range of Services: Tailored to Your Needs

Our commitment to personalized care is reflected in the wide array of services we offer at Crest Physical Therapy and Wellness. This includes, but isn't limited to:

1. **Manual Therapy:** Our highly skilled therapists utilize advanced manual techniques to address muscle imbalances, joint restrictions, and soft tissue limitations. These hands-on treatments can significantly reduce pain, improve mobility, and accelerate your recovery. Think of it as a highly specialized massage, designed to target the source of your problem.

1. **Therapeutic Exercise:** We develop customized exercise programs designed to improve strength, flexibility, balance, and endurance. These programs are carefully tailored to your specific needs and goals, whether you're recovering from an injury, managing a chronic condition, or simply striving for peak physical fitness. We don't believe in generic workout plans; we believe in creating a plan that works for you.
1. **Sports Rehabilitation:** For athletes of all levels, we offer specialized programs to address sports-related injuries, improve performance, and prevent future setbacks. Our understanding of biomechanics and athletic conditioning helps athletes return to their sport stronger and more resilient than before.
1. **Wellness Programs:** Beyond injury rehabilitation, we focus on preventative care. Our wellness programs promote healthy habits, improve posture, and empower individuals to maintain optimal health and well-being. We offer workshops, educational resources, and personalized guidance to help you make lasting lifestyle changes.
1. **Aquatic Therapy:** (If applicable, add this section) The buoyancy and resistance of water provide a unique and effective environment for rehabilitation. Aquatic therapy is gentle on the joints yet highly effective for improving range of motion, strength, and cardiovascular fitness.

The Crest Difference: Our Commitment to Excellence

What truly sets Crest Physical Therapy and Wellness apart is our unwavering commitment to excellence. This commitment manifests in several key areas:

Experienced and Highly Qualified Therapists: Our team comprises licensed and certified physical therapists with years of experience and advanced training in various therapeutic modalities. They are not only skilled clinicians but also compassionate caregivers dedicated to your well-being.

State-of-the-Art Facility: We provide a comfortable and modern facility equipped with the latest technology and equipment to ensure the highest quality of care. Your comfort and convenience are paramount to us.

Personalized Treatment Plans: We don't believe in a "one-size-fits-all" approach. Every treatment plan is meticulously crafted to address your

individual needs, goals, and preferences. Your input is crucial to the process.

Holistic Approach: We address the whole person, not just the injury or condition. We consider your physical, emotional, and mental well-being in developing a comprehensive treatment plan.

Your Journey to Wellness Starts Here

At Crest Physical Therapy and Wellness, we're not just treating symptoms; we're empowering you to live a healthier, more fulfilling life. We're dedicated to helping you achieve your individual goals, whether it's recovering from an injury, managing a chronic condition, or simply improving your overall well-being. We invite you to contact us today to schedule a consultation and discover how Crest can help you reach your full potential.

Conclusion

Choosing the right physical therapy and wellness center is a significant decision, and we understand the importance of finding the perfect fit. Crest Physical Therapy and Wellness is committed to providing exceptional care, personalized treatment plans, and a supportive environment to help you on your path to optimal health. Contact us today and let us help you reclaim your vitality and well-being.

Frequently Asked Questions (FAQs)

1. Do I need a doctor's referral to receive physical therapy at Crest?
While a physician's referral is often helpful, it's not always required. We encourage you to check with your insurance provider regarding their specific requirements.
1. What types of insurance do you accept? We accept a wide range of insurance plans. Please contact our office to verify your specific plan's coverage.
1. How long will my physical therapy treatment last? The duration of treatment varies depending on your individual needs and condition. Your therapist will provide a realistic timeline during your initial assessment.

1. What should I bring to my first appointment? Please bring your insurance card, a list of current medications, and any relevant medical records. Comfortable clothing suitable for exercise is also recommended.

1. What are your hours of operation? Our hours of operation are [Insert your hours of operation here]. We encourage you to call ahead to schedule an appointment.

crest physical therapy and wellness: *It's Not Carpal Tunnel Syndrome!* Suparna Damany, Jack Bellis, 2000 This guide offers computer users who suffer from repetitive strain injury (RSI) an effective program for self-care. It explains the symptoms, prevention, and treatment of RSIs and also addresses the often-overlooked root causes of RSIs. This holistic program treats the entire upper body with ergonomics, exercise, and hands-on therapy, increasing the likelihood that surgery and drugs may be avoided.

crest physical therapy and wellness: *Therapeutic Exercise* Carolyn Kisner, Lynn Allen Colby, John Borstad, 2022-10-17 The premier text for therapeutic exercise Here is all the guidance you need to customize interventions for individuals with movement dysfunction. You'll find the perfect balance of theory and clinical technique—in-depth discussions of the principles of therapeutic exercise and manual therapy and the most up-to-date exercise and management guidelines.

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crest physical therapy and wellness: A Dose of Hope Dan Engle, Alex Young, 2021-07-20 MDMA-assisted therapy for PTSD is in the final stages of FDA testing. Clinical trials are reporting a 70 percent cure rate for a condition that claims thousands of lives globally every day-hundreds in the US alone. But until it's fully legalized, MDMA is still a Schedule I drug, saddled with years of misunderstanding, misinformation, and misuse. In this groundbreaking, informative, and easy-to-read book, Dr. Dan Engle shows you the treatment through the eyes of a fictional patient so you can see how it works without ever setting foot in a doctor's office. Follow in-depth conversations between doctor and patient, learn about the history of MDMA-assisted therapy, understand how and why it helps, and experience the process for yourself-without ever having to take anything. The treatment presented here is a synthesis of the real experiences and stunning results happening today in trials around the world. Whether you or a loved one suffer from PTSD, or you just want to heal something that's keeping you from living your best life, don't miss A Dose of Hope.

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crest physical therapy and wellness: Train Your Brain to Get Thin Melinda Boyd, Michele Noonan, 2012-11-18 Get your brain fit--and your body will follow! Conventional wisdom has always been that in order to lose weight, you need to eat less and move more. But skyrocketing obesity rates tell us that it's not that simple. If you really want to get in shape and stay that way, you need to start at the top--with your brain. The latest research in neuroscience shows that the brains of overweight people are different than the brains of lean people--and not in a good way. Yet, you can train your brain to think like those skinnier counterparts--and leverage that brainpower to drop those extra pounds for good. In Train Your Brain to Get Thin, you'll learn how to: Control hunger levels to reach and maintain optimum weight Defeat emotional eating at its core Feed the brain the nutrients it needs for optimal performance Trick the brain into working for, not against, weight loss Get addicted to exercise, not food And much, much more! Train Your Brain to Get Thin combines the latest research in both neuroscience and human behavior to give you the brain-changing program you need to get fit, look good, and feel great--for life!

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Perspectives for Community Practice: Promoting Health, Well-being and Quality of Life weaves everyday care into prevention, community, and population health, creating a new and more expansive vision of health for all without compromising traditional practices. Authors and editors Drs. Pizzi and Amir discuss and illustrate a client-centered preventive and health, well-being and quality of life approach rooted in best practice principles from interprofessional literature and firsthand experience. The text illustrates how allied health professionals implement those principles in their everyday and traditional practices with an emphasis on exploring health and well-being issues. Interprofessional Perspectives for Community Practice provides detailed guidance in program development and implementation. What's included in Interprofessional Perspectives for Community: Clinical anecdotes on successful community practices A focus on primary and secondary prevention Assessments, interventions, and community practice examples Descriptions of community-based practice settings such as adult day care, independent living programs, hospice, and home health care Health and wellness across the lifespan Bonus chapters available online as PDFs for readers The first text of its kind to weave interprofessionalism, community practice, and health, well-being, and quality of life, Interprofessional Perspectives for Community Practice: Promoting Health, Well-being and Quality of Life is for all health care workers and students who wish to transfer practice skills from the clinical setting to a population-based program development model.

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crest physical therapy and wellness: Tendon Injuries Nicola Maffulli, Per Renstrom, Wayne B. Leadbetter, 2005-02-09 Tendon ailments are a significant cause of morbidity among athletes of all levels and are increasing in prevalence. Their management is often empirical, and para-scientific, only looking at the biological aspects of tendon ailments. This book conveys a comprehensive and concise body of knowledge on the management of tendon problems in sportspeople with practical details of clinical protocols. Tendon Injuries: Basic Science and Clinical Medicine is specifically dedicated to the clinical aspects of tendinopathy and provides the required knowledge and scientific basis for the sports medicine practitioner, orthopedic specialist and student facing upper and lower limb tendon ailments in athletes. A comprehensive review of tendon disorders is given and modern criteria of management outlined to form the basis of effective clinical management of this group of patients.

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Wendy D Bircher, 2017-10-01 Build your documentation skills—and your confidence. Step by step, this text/workbook introduces you to the importance of documentation; shows you how to develop and write a proper and defensible note; and prepares you to meet the technological challenges you'll encounter in practice. You'll learn how to provide the proper documentation to assure all forms of reimbursement (including third party) for your services. You'll also explore issues of patient confidentiality, HIPAA requirements, and the ever-increasing demands of legal and ethical practice in a litigious society.

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crest physical therapy and wellness: Gut Wisdom Alyce M. Sorokie, 2004-05-13 "A positive mental attitude is everything, and this inspirational as well as informative guide to good tummy health is fairly brimming with it."—Booklist Are you eating a reasonable diet, getting enough exercise and still experiencing indigestion, bloat, or other "gut distress?" Do you experience frequent knots, butterflies, tension, or more severe symptoms in your gut? That's because diet and exercise are only part of the equation—scientists are now proving what body/mind theorists have been saying all along: that the gut and brain are inextricably connected. Positive thoughts of joy, peace, and love contribute to a healthy gut. Negative thoughts of rage, resentment, and anxiety are like toxins in the gut. Gut Wisdom will help you learn how to listen to your gut to achieve total body health. Unlike other books on digestion, it is a friendly, readable, easy-to-understand guide that gives you specific procedures you can use to alleviate indigestion, irritable bowel syndrome, constipation, diarrhea, and many other common ailments. "Gut Wisdom can help you be a happy Buddha once again. Smart, well-written, and documented. I recommend it."—Ron Klatz, M.D., D.O., author of Grow Young with HGH "Gut Wisdom teaches how to listen to your gut's clues to bring your body, mind, and spirit into harmony."—Cynthia Helphingstine, Ph.D.

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Krumhansl, 2006 A complete overview of job opportunities, from sports medicine to research to education.

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crest physical therapy and wellness: Rehab Science: How to Overcome Pain and Heal from Injury Tom Walters, Glen Cordoza, 2023-04-11 Recover from injuries and put a stop to pain with this step-by-step guide In his new book, Rehab Science, renowned orthopedic physical therapist Tom Walters shows you how to take back the power to heal. He explains how to understand and identify pain and injury, how to treat common issues to muscles, tendons, ligaments, and more, and how to end chronic pain for good. Our current healthcare model, with its emphasis on treating symptoms rather than addressing the root cause of those symptoms, can be frustrating, especially for people with ongoing pain. Rehab Science outlines a new way of thinking about pain and injury with a movement-based system that helps you treat pain and heal from injuries on your own terms. Dr. Walters delivers proven protocols that strengthen the body, improve mobility and movement quality, alleviate pain, ensure full recovery, and keep pain and injury from reoccurring in the future. This book highlights common issues like ankle sprains, tennis elbow, and low back pain and provides protocols for rehabilitating each one step by step and week by week. Find out what you can do to accelerate the phases of healing by using targeted movements and pain-relieving rehab exercises. Full-color photo sequences show how to do each exercise correctly. In Rehab Science, you'll learn: • How to identify and treat common pains and injuries • Which exercises can prevent pain from returning • How long you should be doing rehab exercises • Major signs and symptoms that may require medical attention • How a diagnosis can factor into recovery • What common X-ray and MRI findings mean • How to program exercises to rehab specific injuries • When you might need to consider surgery • And much, much more

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crest physical therapy and wellness: Holding Sacred Space Michelle Anne Hobart, 2020-02-17 Spiritual Emergence is an ongoing process of deepening inquiry, opening to more aspects and gifts within ourselves, and releasing what has been completed. This may be soft and gentle like waves drawing us back into the sea, but more often than not, it is a purge through the fire. There may be pain, devastation, raw emotion, overwhelm, and surrender ever more into trusting the process and the support of our guides and helpers. So it is as much a deepening of our faith in the orchestration of the Universe, as it is a letting go of the old stories and energies that no longer serve us in these new octaves of awakening. Across time, we are shedding the old contracts, vows, and energies and trauma from past lives, and from our ancestral lines in this incarnation's own DNA and body. This initiation is an activation of soul purpose, gifts, and capacities to be of service in the unique ways that only you can. Being a midwife of this type of soul birth, facilitating the unfolding of the psyche, is an honor and requires deep levels of attunement and sensitivity. We can orient through lenses of Existential/Humanistic, Transpersonal, and Jungian psychology to offer frameworks on clinical practice. But if we do not continue to evolve as practitioners to feel into and integrate this wave that includes Spiritual Emergence, Neurodiversity, Cognitive Liberty, and the new ethics that these lineages demand from us all, we will not be able to adequately serve those who are on the very crest of the upsurge, where co-creating and manifesting something entirely new is possible. Join me in this exploration of my lived experience and clinical practice, of the story and its deeper message, of calibrating our instruments to another octave of resonance and integrity, in Holding Sacred Space.

crest physical therapy and wellness: *New York Magazine* , 1997-04-21 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

crest physical therapy and wellness: *Revision Lumbar Spine Surgery E-Book* Robert F. Heary, 2021-03-03 Offering in-depth coverage of an often-neglected topic, *Revision Lumbar Spine Surgery* identifies clinical problems and discusses recent major advances in this challenging area. Dr. Robert F. Heary and a team of international experts share their knowledge and experience with even the most difficult lumbar cases, helping you provide optimal outcomes for your patients. You'll find authoritative guidance on indications, diagnosis, approaches, and follow-up, with a focus on the significant advances that have occurred over the past two decades in this fast-changing field. - Identifies the clinical problems related to unsuccessful back spine surgery as well as indications, diagnosis, and new treatment options and advances in this complex area. - Provides in-depth information on the multiple options that exist for most clinical situations: anterior, posterior, lateral, and combined anterior and posterior approaches. - Covers methods of fixation, the use of interbody grafting, and surgical planning related to scar tissues, bleeding, and spinal fluid leaks. - Discusses critical follow-up topics such as key clinical procedures, radiography, patient reported outcomes, and pain management. - Includes timely chapters on robotics, bone density issues, medical fitness concerns, instrumentation options, imaging considerations, and much more.

crest physical therapy and wellness: *The Body Doesn't Lie* Vicky Vlachonis, 2014-04-22 Foreword by Gwyneth Paltrow Integrative medical practitioner to the stars and Goop contributor Vicky Vlachonis offers a groundbreaking program to eliminate pain and look and feel your best every day. In *The Body Doesn't Lie: The Three-Step Program to End Chronic Pain and Become Positively Radiant*, Vicky Vlachonis focuses on pain release instead of on pain relief. Back problems, nightly headaches, tight shoulders, achy feet—all of us have nagging, daily pains that seem to get worse when our lives get most busy. While the immediate reaction to pain is to take short-term measures to make it go away, this does nothing to address the underlying cause. Vlachonis shows us how to locate the source of our pain, understand its origin and manifestation in the body, and then let it go for good, using a holistic approach that includes easy-to-implement approaches to diet, exercise, and emotional well-being. Vlachonis' proven and successful pain eradication program was developed over years working with a wide range of clients, from celebrities and CEOs to overworked ballerinas and working moms. The book includes a detailed meal plan with recipes, body maps to identify areas of pain and healing touch points, and step-by-step remedies for specific issues including fatigue, digestive problems, and depression. This groundbreaking approach uses pain as a tool—not the undefeatable enemy—to help you look and feel better immediately, and release your body from physical and emotional pain for good.

crest physical therapy and wellness: *CranioSacral Therapy: Touchstone for Natural Healing* John E. Upledger, 2001-05-31 In *CranioSacral Therapy: Touchstone for Natural Healing*, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

crest physical therapy and wellness: *NSCA'S Essentials of Tactical Strength and Conditioning* NSCA-National Strength & Conditioning Association, 2017-01-27 NSCA's *Essentials of Tactical Strength and Conditioning* is the ideal preparatory guide for those seeking TSAC-F certification. The book is also a great reference for fitness trainers who work with tactical populations such as military, law enforcement, and fire and rescue personnel.

crest physical therapy and wellness: *New York Magazine* , 1997-05-12 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place

for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

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