

# What We Provide

## Physical and Occupational Therapy

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The objective of Physical and Occupational Therapy is to restore lost or restricted range of motion, muscle strength, balance, muscle endurance and function that may be compromised due to surgery, injury or disease.

During your first visit with Axiom, we will work with your medical diagnosis as well as go through a full assessment to determine any secondary and tertiary factors contributing to your symptoms.

## Techniques used by our therapists:

**Neuromuscular Retraining** is a specific type of rehabilitation meant to restore appropriate neural output to specific muscle groups that are needed for normal function. This type of therapy helps with strengthening/stabilizing weak muscles, as well as, restoring normal timing of contractions during functional activities. It's focus is to work in tandem with the sensory system, proprioception system and musculo-skeletal system to produce normal coordination of movement patterns that yield safe and functional results. We also use NMR to strengthen previous learned movement patterns and/or create new motor patterns or new motor 'loops' . For example. When one may trip in the street, there is an automatic recovery process that is almost reflexive. This is a learned motor pattern in response to an action. If these responses become labored or lost, we will work to restore and strengthen them . In some instances we will work to produce new ones in response to the same or similar actions.

**Therapeutic Exercise** refers to a wide range of physical activities that focuses on restoring and maintaining strength, endurance, flexibility, core stability, and balance. The goal of therapeutic exercises is to compliment the Neuromuscular training and enhance the individuals ability to perform dynamic activities safely.

**Manual Therapy** refers to a variety of hands on rehabilitative techniques used by our therapists, which include but are not limited to, soft tissue massage, myofascial release, Craniosacral therapy, Joint Mobilization/Manipulation, Trigger Point Therapy, Neural Mobilization, passive range of motion and Neuromuscular Re-education.

**Sports Taping and Kinesiotaping** are commonly used to help patients return to an activity or sport while minimizing harm to an injured area.

**Traction or Spinal Decompression** is often used with patients whose primary complaints are radiating arm or leg pains, numbness and/or tingling. Traction is very useful with disc issues, as well as, any type of spinal compression.

**Modalities** are adjuncts to therapy that may assist you in controlling pain, swelling, inflammation, and aid in tissue healing. Types of modalities we use are: ultrasound, electric stimulation, ice compression, cold laser, anodyne infrared therapy, paraffin, moist heat and cryotherapy.