

Common Physical Therapy Conditions and Treatments

Injury	Common Examples	Typical Objective Findings	Frequency	Duration	Common Treatments
Adhesive Capsulitis	Frozen Shoulder	<ul style="list-style-type: none"> Limited range of motion Loss of function 	2-3 times per week	<ul style="list-style-type: none"> Moderate 6-12 visits Severe 12-20 visits 	<ul style="list-style-type: none"> Modalities, Joint Mobilization Stretching, Range of Motion
Muscle Contusions	Quadriceps	<ul style="list-style-type: none"> Deep bruise Loss of motion 	2-3 times per week	6-10 visits	<ul style="list-style-type: none"> Modalities, Massage, Stretching, Range of Motion
Fractures (Post-Immobilization)	<ul style="list-style-type: none"> Any area that affects function Loss of motion 	<ul style="list-style-type: none"> Limited range of motion Loss of strength & function Pain, swelling 	3 times per week	<ul style="list-style-type: none"> Moderate 6-12 visits Severe 12-20 visits 	<ul style="list-style-type: none"> Strengthening, Range of Motion, Joint Mobilization, Bracing, Massage/Edema control
Spine Injuries	<ul style="list-style-type: none"> Sprain, Strain, Disc, Spondylolisthesis, Stenosis, Facet Arthritis 	<ul style="list-style-type: none"> Limited painful motion Radicular pain Paraesthesia Reduced tolerance to sitting & bending 	3 times per week	6-12 visits	<ul style="list-style-type: none"> Patient education, Traction, Spinal Mobilization, Modalities, Stabilization exercises
Common Ligamentous Injuries	<ul style="list-style-type: none"> Anterior Talo-Fibular/Ankle Acromioclavicular/Shoulder Medial Collateral Ligament/Knee Anterior Cruciate Ligament/Knee 	<ul style="list-style-type: none"> Loss of motion Instability Pain, Swelling Joint laxity 	3 times per week	6-12 visits	<ul style="list-style-type: none"> Functional activities, Modalities, Strengthening, Range of Motion, Compression, Bracing
Common Muscular Strains	<ul style="list-style-type: none"> Gastrocnemius, Hamstring, Quadriceps 	<ul style="list-style-type: none"> Pain with resistive testing Spasm Loss of power 	3 times per week	6-12 visits	<ul style="list-style-type: none"> Functional Activities, Modalities, Strengthening, Range of Motion
Tendinitis/Overuse Injuries	<ul style="list-style-type: none"> Rotator Cuff, Tennis Elbow, Achilles, Patellar Tendon, Plantar Fasciitis, Shoulder Impingement, Osgood Schlatter 	<ul style="list-style-type: none"> Increased pain with activity Reoccurring pain or ache Loss of function Pain with resistive testing 	3 times per week	<ul style="list-style-type: none"> Moderate 6-12 visits Severe 12-20 visits 	<ul style="list-style-type: none"> Modalities, Transverse Friction Massage, Phonophoresis
Post-Surgical Fixation	<ul style="list-style-type: none"> Bunionectomy, Cartilage Repair, Fractures, Tendon Repair, Ligaments 	<ul style="list-style-type: none"> Limited, painful motion Pain Swelling 	2-3 per week	<ul style="list-style-type: none"> Moderate 6-12 visits Severe 12-20 visits 	<ul style="list-style-type: none"> Functional activities, Modalities, Strengthening, Range of Motion, Manual Therapy, Stretching

EDUCATION AND HOME PROGRAMS ARE PRESENT IN ALL TREATMENT PROGRAMS



Big Rapids - Clare - Gladwin - Harrison - Midland