Holy Cross Outpatient Physical Therapy was developed to meet the needs of the orthopedic and neuromuscular population with a devotion to hands-on manual therapy skills. We provide highly skilled care with a focus on restoring proper body movement of specific joints to benefit the individual as a whole. Our compassionate therapists have completed specialized training in orthopedic manual therapy, which has progressed their knowledge base and experience beyond an entry level physical therapy degree.

All services are provided with an individualized 1:1 therapist to patient ratio. We treat all patients of every age with diagnoses such as:
- Orthopedic Conditions: Post Operative and Nonsurgical
- Sports Medicine Injuries
- Spine Injuries/Dysfunction
- Hand/Elbow Dysfunction
- Arthritic Conditions
- Balance Conditions
- Gait Dysfunction
- Tendonitis/Tendinosis
- Occupational Injuries

Insurances Accepted:
Most insurances accepted. For insurance questions or information please feel free to contact us at a location of your choosing.

Visit us online at HolyCrossRehab.com
Orthopedic manual physical therapy is a hands-on approach to treating musculoskeletal and neuromuscular dysfunction. Our physical therapists are trained in manual therapy and use specific techniques, such as joint mobilizations, soft tissue techniques and therapeutic exercises for improving mobility and function.

How does it work?
Our therapists use joint mobilizations to help reduce joint stiffness and pain, increase circulation, and restore mobility in joints to improve biomechanical motion. They also use soft tissue techniques to increase circulation and relax muscles so the patient can move through the normal range of motion without restrictions.

Holy Cross physical therapists have earned some of the highest designations in their field:
- Doctoral Degrees in Physical Therapy (DPT)
- Certifications in Orthopedic Manual Therapy (COMT), (MTC), (CMPT)
- Fellowship Trained: Manual Therapists (FAAOMPT)
- Certified Strength and Conditioning Specialists (CSCS)
- National Strength and Conditioning Association-Certified Personal Trainer (NSCA-CPT)
- Kinematic Taping Concept Certified (KTCC)
- Certified Hand Therapist (CHT)

Our Holy Cross physical therapists have all undergone advanced training in therapeutic exercise geared specifically toward rehabilitation. These exercises may differ from your typical exercise routine because they are dosed and targeted specifically toward the symptomatic areas being treated.

Hand Therapy is a type of rehabilitation that addresses conditions and injuries of the hand, wrist, elbow and shoulder. It is performed by an occupational or physical therapist who specializes in treating conditions of the upper extremity through advanced study.

The Certified Hand Therapist
Our Certified Hand Therapists are occupational or physical therapists with a minimum of five years of clinical experience. Of those five years, four thousand hours or the equivalent of two years full time have to be in direct patient care with hand and upper extremity patients. A Certified Hand Therapist has successfully passed a comprehensive test of advanced skills and theory in upper extremity rehabilitation. In order to maintain the CHT status, a therapist must continue to demonstrate professional development and competency by recertifying every five years.

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