

Therapy Types

Rotator cuff tear

Num_of_sessions: 12

Id: 1

Required_equipment_id: 1

Body_part: shoulder

Description: Physical therapy focuses on strengthening the shoulder muscles, improving range of motion, and reducing pain through targeted exercises.

Therapy_code: #5G3Y4

Frozen shoulder

Num_of_sessions: 10

Id: 2

Required_equipment_id: 1

Body_part: shoulder

Description: Therapy aims to restore shoulder mobility through stretching and range of motion exercises.

Therapy_code: #7Z8V8

Tennis elbow

Num_of_sessions: 8

Id: 3

Required_equipment_id: 1

Body_part: arm

Description: Treatment includes strengthening forearm muscles.

Therapy_code: #1V2V2

Golfers elbow

Num_of_sessions: 8

Id: 4

Required_equipment_id: 1

Body_part: arm

Description: Physical therapy involves strengthening and stretching exercises for the forearm muscles and may include modalities for pain relief.

Therapy_code: #8I5F5

Biceps tendinitis

Num_of_sessions: 10

Id: 5

Required_equipment_id: 1

Body_part: arm

Description: Therapy focuses on strengthening the biceps and shoulder muscles while reducing inflammation through modalities.

Therapy_code: #4C7X3

Carpal tunnel

Num_of_sessions: 8

Id: 6

Required_equipment_id: 1

Body_part: hand

Description: Exercises to improve wrist and hand flexibility, along with techniques to relieve pressure on the median nerve.

Therapy_code: #1R2Y1

Arthritis pain management

Num_of_sessions: 8

Id: 7

Required_equipment_id: 3

Body_part: hand

Description: Cryotherapy helps alleviate arthritis pain by numbing the affected joints, reducing inflammation, and temporarily easing discomfort and stiffness.

Therapy_code: #6F6P9

Tendinitis

Num_of_sessions: 10

Id: 8

Required_equipment_id: 3

Body_part: hand

Description: Cryotherapy can be employed to reduce inflammation and alleviate pain associated with tendinitis by constricting blood vessels and diminishing tissue swelling in the affected area.

Therapy_code: #1G8Z3

Osteoarthritis management

Num_of_sessions: 8

Id: 9

Required_equipment_id: 4

Body_part: hand

Description: Hydrotherapy provides a low-impact environment for joint mobility exercises and pain relief, helping individuals with osteoarthritis improve joint function and reduce discomfort.

Therapy_code: #4D5C2

Bursitis

Num_of_sessions: 8

Id: 10

Required_equipment_id: 5

Body_part: hand

Description: Thermotherapy may be used to alleviate pain and inflammation associated with bursitis by increasing blood flow and promoting the relaxation of affected tissues, often applied through warm compresses or therapeutic ultrasound.

Therapy_code: #4N8P5

Rheumatoid Arthritis

Num_of_sessions: 8

Id: 11

Required_equipment_id: 5

Body_part: hand

Description: Thermotherapy, such as paraffin wax baths, can help ease joint stiffness and reduce pain in individuals with rheumatoid arthritis by enhancing joint flexibility and reducing inflammation.

Therapy_code: #7R3N6

ACL injury

Num_of_sessions: 20

Id: 12

Required_equipment_id: 1

Body_part: leg

Description: Rehabilitation includes exercises to strengthen the knee and improve stability, often following surgical repair.

Therapy_code: #3H4O2

Meniscus tear

Num_of_sessions: 8

Id: 13

Required_equipment_id: 1

Body_part: leg

Description: Therapy emphasizes range of motion exercises and strengthening of the muscles around the knee.

Therapy_code: #6F2G1

IT band syndrome

Num_of_sessions: 8

Id: 14

Required_equipment_id: 1

Body_part: leg

Description: Treatment involves stretching and strengthening the IT band and hip muscles.

Therapy_code: #8L2Q4

Shin splints

Num_of_sessions: 6

Id: 15

Required_equipment_id: 1

Body_part: leg

Description: Rehabilitation focuses on reducing inflammation and improving lower leg strength and flexibility.

Therapy_code: #7P3Y5

Stress fractures

Num_of_sessions: 10

Id: 16

Required_equipment_id: 1

Body_part: leg

Description: Rest and gradual return to weight-bearing activities are essential, along with exercises to maintain bone density.

Therapy_code: #9M8D2

Hip bursitis

Num_of_sessions: 10

Id: 17

Required_equipment_id: 1

Body_part: leg

Description: Exercises to improve hip muscle strength and flexibility, along with modalities for pain management.

Therapy_code: #2T8L4

Ankle sprain

Num_of_sessions: 8

Id: 18

Required_equipment_id: 1

Body_part: foot

Description: Therapy includes balance exercises, strengthening the ankle, and improving flexibility.

Therapy_code: #6W1E6

Plantar fasciitis

Num_of_sessions: 8

Id: 19

Required_equipment_id: 1

Body_part: foot

Description: Treatment involves stretching and strengthening exercises for the calf and foot muscles, along with modalities for pain relief.

Therapy_code: #6B5Q3

Achilles tendinitis

Num_of_sessions: 12

Id: 20

Required_equipment_id: 1

Body_part: foot

Description: Therapy aims to strengthen the calf muscles and Achilles tendon while reducing inflammation.

Therapy_code: #5C3G3

Lumbar herniated disc

Num_of_sessions: 14

Id: 21

Required_equipment_id: 1

Body_part: lower torso

Description: Physical therapy focuses on relieving pain and improving spinal stability through exercises.

Therapy_code: #3N4P6

Sciatica

Num_of_sessions: 7

Id: 22

Required_equipment_id: 1

Body_part: lower torso

Description: Treatment involves exercises to alleviate sciatic nerve compression and improve lumbar spine function.

Therapy_code: #9P1H4

Chronic low back pain management

Num_of_sessions: 10

Id: 23

Required_equipment_id: 4

Body_part: lower_torso

Description: Hydrotherapy involves warm water exercises and aquatic therapy techniques to improve flexibility, reduce pain, and enhance core strength in individuals with chronic low back pain.

Therapy_code: #4W3F2

Scoliosis

Num_of_sessions: 8

Id: 24

Required_equipment_id: 1

Body_part: upper torso

Description: Therapy includes exercises to improve spinal alignment, flexibility, and muscle balance.

Therapy_code: #5R9N7

Postural disorders

Num_of_sessions: 7

Id: 25

Required_equipment_id: 1

Body_part: upper torso

Description: Treatment includes exercises to correct posture and improve muscle balance to relieve pain and prevent future issues.

Therapy_code: #8K1H7

Cervical radiculopathy

Num_of_sessions: 8

Id: 26

Required_equipment_id: 1

Body_part: head

Description: Rehabilitation aims to reduce neck pain and nerve symptoms through neck exercises and modalities.

Therapy_code: #8G5H3

Whiplash

Num_of_sessions: 10

Id: 27

Required_equipment_id: 1

Body_part: head

Description: Physical therapy focuses on neck strengthening and range of motion exercises to alleviate pain and stiffness.

Therapy_code: #8H6H1

Post-Operative rehabilitation

Num_of_sessions: 12

Id: 28

Required_equipment_id: 2

Body_part: any

Description: EMS therapy aids in muscle activation and circulation for post-operative patients, helping to prevent muscle atrophy and accelerate recovery through controlled electrical muscle contractions.

Therapy_code: #3J6K2

Stroke rehabilitation

Num_of_sessions: 20

Id: 29

Required_equipment_id: 2

Body_part: any

Description: EMS can be used to stimulate paralyzed or weakened muscles, aiding in muscle re-education and motor function recovery for stroke survivors.

Therapy_code: #9P3R1

Muscle atrophy prevention

Num_of_sessions: 8

Id: 30

Required_equipment_id: 2

Body_part: any

Description: EMS assists in maintaining muscle strength and mass in individuals with limited mobility, such as bedridden or immobilized patients, by providing passive muscle contractions

Therapy_code: #2J6Z7

Chronic pain management

Num_of_sessions: 6

Id: 31

Required_equipment_id: 2

Body_part: any

Description: EMS therapy can help manage chronic pain conditions by stimulating endorphin release, reducing pain perception, and improving blood circulation in targeted areas.

Therapy_code: #7X4N5

Post-Operative swelling minimization

Num_of_sessions: 6

Id: 32

Required_equipment_id: 3

Body_part: any

Description: Cryotherapy involves the application of cold therapy to reduce post-operative swelling and inflammation, promoting faster healing and pain relief.

Therapy_code: #5M8P4

Acute sports injury

Num_of_sessions: 8

Id: 33

Required_equipment_id: 3

Body_part: any

Description: Cryotherapy is used immediately after an acute sports injury to minimize swelling, numb the area, and provide pain relief while facilitating faster recovery.

Therapy_code: #5Z9B5

Post-Stroke rehabilitation

Num_of_sessions: 20

Id: 34

Required_equipment_id: 4

Body_part: any

Description: Hydrotherapy offers a supportive and buoyant environment for stroke survivors to work on regaining

Therapy_code: #8D2H9

Post-Operative Rehabilitation

Num_of_sessions: 12

Id: 35

Required_equipment_id: 4

Body_part: any

Description: Hydrotherapy can aid in the recovery process after surgery by offering a gentle way to regain mobility, reduce swelling, and improve overall conditioning through aquatic exercises and controlled movements in warm water.

Therapy_code: #5I9K8

Muscle spasms and tension management

Num_of_sessions: 6

Id: 36

Required_equipment_id: 5

Body_part: any

Description: Thermotherapy in a wax bath involves immersing affected muscles in warm wax to relax and soothe muscle spasms, reduce tension, and promote blood flow for pain relief.

Therapy_code: #6L2M9

Chronic muscle pain management

Num_of_sessions: 7

Id: 37

Required_equipment_id: 5

Body_part: any

Description: Regular heat therapy, including hot baths, warm packs, or infrared heat, may be part of a comprehensive pain management strategy for chronic muscle pain, providing temporary relief and improving muscle relaxation.

Therapy_code: #2K6H8