

# Physical Therapy Services

Our Physical Therapy Department offers comprehensive rehabilitation services to help you recover from injuries, manage chronic conditions, and improve your overall mobility and quality of life. Our licensed physical therapists use evidence-based techniques and state-of-the-art equipment to create personalized treatment plans for each patient.

## Services We Offer

### **Orthopedic Rehabilitation**

Treatment for bone, joint, and muscle injuries including post-surgical recovery, fractures, sprains, and strains.

### **Sports Injury Treatment**

Specialized care for athletes including injury prevention, performance optimization, and return-to-sport protocols.

### **Manual Therapy**

Hands-on techniques including joint mobilization, soft tissue massage, and myofascial release to reduce pain and improve function.

### **Therapeutic Exercise**

Customized exercise programs to improve strength, flexibility, balance, and endurance.

### **Post-Surgical Rehabilitation**

Comprehensive recovery programs following orthopedic surgeries including joint replacements, ACL repairs, and rotator cuff repairs.

### **Balance and Gait Training**

Specialized programs to improve walking patterns and prevent falls, especially beneficial for elderly patients and those recovering from neurological conditions.

### **Pain Management**

Non-pharmaceutical approaches to managing chronic pain including therapeutic modalities, exercise, and manual therapy.

### **Injury Prevention**

Education and training programs to help prevent future injuries through proper body mechanics and ergonomics.

## Treatment Approaches

- Individualized assessment and treatment planning
- Evidence-based therapeutic interventions

- Patient education and self-management strategies
- Home exercise programs for continued progress
- Coordination with physicians and other healthcare providers
- Progress tracking and outcome measurement

## What to Expect at Your First Visit

During your initial evaluation, your physical therapist will conduct a comprehensive assessment including: review of your medical history, discussion of your symptoms and goals, physical examination of strength, flexibility, and movement patterns, and development of a personalized treatment plan. The first session typically lasts 60 minutes and may include some initial treatment.

## Session Information

Initial Evaluation	60 minutes	\$150
Standard Treatment Session	45 minutes	\$100
Short Treatment Session	30 minutes	\$75
Home Visit (if available)	60 minutes	\$200

## Insurance and Payment

We accept most major insurance plans. Please verify your coverage with your insurance provider before your first appointment. Co-pays are due at the time of service. We also accept cash, credit cards, and offer payment plans for patients without insurance coverage.

## Contact Information

**Phone:** (555) 200-2000

**Email:** pt@medicalcenter.com

**Hours:** Monday - Friday: 7:00 AM - 7:00 PM, Saturday: 8:00 AM - 2:00 PM

**Location:** Medical Center Building, Floor 2, Cairo, Egypt