

Highline Physical Therapy Burien



H I G H L I N E
PHYSICAL THERAPY

Highline Physical Therapy Burien is a renowned facility dedicated to helping patients recover from injuries, manage pain, and improve their overall physical health. Located in the heart of Burien, Washington, this clinic offers a range of therapeutic services tailored to meet the unique needs of each individual. Whether you are recovering from surgery, dealing with chronic pain, or seeking to enhance your athletic performance, Highline Physical Therapy Burien provides a supportive environment committed to patient-centered care.

The Importance of Physical Therapy

Physical therapy plays a crucial role in rehabilitation and recovery. Through targeted exercises and treatments, patients can regain strength, flexibility, and mobility. Here are some key reasons why physical therapy is essential:

1. **Pain Management:** Physical therapists use various techniques to relieve pain, including manual therapy, modalities like heat and ice, and therapeutic exercises.
2. **Rehabilitation:** After surgery or injury, physical therapy helps restore function and mobility, allowing patients to return to their daily activities.
3. **Injury Prevention:** Therapists can assess movement patterns and provide guidance on exercises to prevent future injuries.
4. **Chronic Condition Management:** Conditions such as arthritis, diabetes, and cardiovascular diseases can be managed effectively with a tailored physical therapy program.

5. Improved Quality of Life: By enhancing mobility and reducing pain, physical therapy contributes to a better overall quality of life.

Services Offered at Highline Physical Therapy Burien

Highline Physical Therapy Burien offers a comprehensive range of services designed to address various needs. Each service is delivered by licensed and experienced physical therapists who work closely with patients to create personalized treatment plans.

Manual Therapy

Manual therapy is a hands-on approach used to manipulate muscles and joints. This technique can alleviate pain, improve mobility, and promote healing. Examples of manual therapy techniques include:

- Joint Mobilization: Gentle movements applied to joints to increase range of motion.
- Soft Tissue Mobilization: Targeting muscles and connective tissues to relieve tension and pain.
- Myofascial Release: A technique that focuses on relieving tightness in the fascia, the connective tissue surrounding muscles.

Therapeutic Exercises

Exercise is a cornerstone of physical therapy. Highline Physical Therapy Burien emphasizes the importance of tailored exercise programs that may include:

- Strength Training: Building muscle strength to support joints and improve function.
- Stretching Exercises: Enhancing flexibility and reducing the risk of injuries.
- Balance and Coordination Training: Important for fall prevention, especially in older adults.

Sports Rehabilitation

Athletes often require specialized rehabilitation services to recover from injuries and return to their sport. Highline Physical Therapy Burien offers:

- Sport-Specific Training: Exercises designed to help athletes regain their strength and performance levels.
- Injury Prevention Programs: Strategies to reduce the risk of future injuries based on an athlete's specific sport.
- Performance Enhancement: Techniques to improve speed, agility, and overall athletic performance.

Post-Surgical Rehabilitation

Recovering from surgery often requires structured rehabilitation to regain

strength and mobility. Patients at Highline Physical Therapy Burien can expect:

- Individualized Recovery Plans: Tailored protocols based on the type of surgery and the patient's specific needs.
- Progress Tracking: Regular assessments to monitor recovery and adjust the treatment plan as necessary.
- Education: Guidance on post-operative care and activity modifications to promote healing.

Pediatric Physical Therapy

Highline Physical Therapy Burien also provides services specifically for children. Pediatric physical therapy can address issues such as:

- Developmental Delays: Helping children reach their physical milestones.
- Neuromuscular Disorders: Assisting children with conditions like cerebral palsy or muscular dystrophy.
- Sports Injuries: Tailored rehabilitation for young athletes.

The Team at Highline Physical Therapy Burien

The success of Highline Physical Therapy Burien is largely attributed to its dedicated and skilled team of professionals. Each therapist is not only well-educated but also passionate about helping patients achieve their goals. The team includes:

- Licensed Physical Therapists: Experts trained in various modalities and therapeutic techniques.
- Physical Therapy Assistants: Support therapists in delivering care and assisting patients with exercises.
- Administrative Staff: Ensure smooth operations and help patients navigate their treatment journey.

Patient-Centered Care Approach

At Highline Physical Therapy Burien, the patient's needs and goals are at the forefront of every treatment plan. The clinic prioritizes:

- Comprehensive Evaluations: Each patient undergoes a thorough assessment to identify their specific needs.
- Collaborative Goal Setting: Patients are involved in setting realistic and achievable goals for their therapy.
- Ongoing Communication: Regular check-ins to discuss progress and make necessary adjustments to the treatment plan.

The Benefits of Choosing Highline Physical Therapy Burien

When you choose Highline Physical Therapy Burien, you benefit from a variety of factors that contribute to effective and compassionate care. These include:

1. Expertise: A knowledgeable team with extensive training and experience in numerous therapy techniques.
2. Customized Treatment Plans: Personalized approaches that cater to individual needs and goals.
3. State-of-the-Art Facilities: Modern equipment and therapeutic tools designed to enhance the rehabilitation process.
4. Community Focus: A commitment to serving the Burien community and fostering long-term relationships with patients.
5. Positive Environment: A welcoming and supportive atmosphere that encourages healing and recovery.

Patient Testimonials

Many patients have shared their positive experiences at Highline Physical Therapy Burien. Here are a few testimonials:

- John D.: "After my knee surgery, I was worried about getting back to my active lifestyle. The team at Highline not only helped me regain my strength but also educated me on how to prevent future injuries."
- Sarah L.: "As a young athlete, I sustained an injury that sidelined me for months. The personalized care I received helped me recover quickly and return to my sport even stronger."
- Tom R.: "The staff was incredibly supportive and made my recovery journey enjoyable. I felt like I was part of a family rather than just a patient."

Conclusion

In summary, Highline Physical Therapy Burien is a premier destination for individuals seeking expert physical therapy services in a compassionate and professional environment. With a wide range of services, a dedicated team, and a commitment to patient-centered care, Highline Physical Therapy Burien stands out as a leader in rehabilitation and recovery. Whether you are recovering from an injury, managing a chronic condition, or striving to enhance your physical performance, this facility offers the expertise and support you need to achieve your goals.

Frequently Asked Questions

What services does Highline Physical Therapy in Burien offer?

Highline Physical Therapy in Burien offers a range of services including orthopedic rehabilitation, sports therapy, post-operative care, manual therapy, and wellness programs.

How can I schedule an appointment at Highline

Physical Therapy Burien?

You can schedule an appointment at Highline Physical Therapy Burien by calling their office directly or by visiting their website to fill out an online appointment request form.

What are the operating hours of Highline Physical Therapy Burien?

Highline Physical Therapy Burien typically operates Monday through Friday from 8 AM to 6 PM, but it's best to check their website or call for specific hours as they may vary.

Does Highline Physical Therapy Burien accept insurance?

Yes, Highline Physical Therapy Burien accepts a variety of insurance plans. It is recommended to contact them directly or check their website for a list of accepted insurance providers.

What should I expect during my first visit to Highline Physical Therapy Burien?

During your first visit to Highline Physical Therapy Burien, you can expect an initial assessment where a physical therapist will evaluate your condition and create a personalized treatment plan.

Are there any specialized programs at Highline Physical Therapy Burien?

Yes, Highline Physical Therapy Burien offers specialized programs such as pelvic floor therapy, concussion management, and programs tailored for geriatric patients.

What are the qualifications of the therapists at Highline Physical Therapy Burien?

The therapists at Highline Physical Therapy Burien are highly qualified, holding advanced degrees in physical therapy and various certifications in specialized treatment techniques.

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Experience personalized care at Highline Physical Therapy Burien. Our expert team helps you regain strength and mobility. Learn more about our services today!

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