

PHYSICAL THERAPY

OVERVIEW

What are Physical Therapy and Hippotherapy at CICS?

Physical therapy is a treatment to help improve how the body functions and moves. It is given to help restore function, improve mobility, ease pain and limit or prevent permanent physical disabilities. This is done by first restoring, then maintaining and finally promoting one's overall health, wellness and fitness. The goal of physical therapy is to make daily activities and tasks easier.

If a recommendation for physical therapy is made at CICS, the next step is to see our licensed physical therapist. At the examination, medical history, symptoms and daily activities will be discussed. The therapist will then evaluate the patient for attributes like strength, coordination, flexibility, balance and endurance. If a diagnosis is made, the findings of the evaluation will be used to create an individualized treatment plan. The treatment plan then guides the therapy sessions to help each patient reach their goals.

Terri Long, MPT, is a licensed and certified physical therapist working with CICS. She also leads TaKE Center, an outpatient rehabilitation facility located in Kintnersville, PA in Upper Bucks County (www.takecenter.com). In addition to providing physical therapy at TaKE Center, the Center is unique in that the facility is designed and is equipped to utilize horses, or hippotherapy, to assist in therapy sessions. Terri Long has been providing physical therapy and hippotherapy since 1989. She is an American Hippotherapy Associate (AHA) member and TaKE Center is a North American Riding for the Handicapped Association (NARHA) Member Center.

Physical therapy techniques are significantly enhanced by the use of animals in a variety of settings. Hippotherapy is a treatment strategy used by a licensed therapist to address impairments and functional limitations in people with various disabilities – including physical and cognitive challenges and injuries – with the use of a horse. The goal is to improve both strength and neurological functioning in the rider's body movement, cognition, organization, sensory processing, motor planning and attention levels. This type of therapy contributes positively to the physical, cognitive, emotional and social well-being of people with disabilities. Individualized treatment strategies use the horse's movements to impart normal movement to the rider, activating every system of the body. The horse's movement significantly addresses posture, balance, mobility strength, gait, trunk stability, alignment, midline awareness and coordination.

Whether utilizing standard physical therapy practices or hippotherapy, CICS offers a variety of solutions to help meet the therapeutic needs of patients.

How do I get started?

Visit our web site at www.everychildeverytime.com for detailed information about the Center, its services and to make an appointment. You may also call CICS at 610-770-1800 to set up an appointment for an initial consultation.