## becca physical therapy birmingham

becca physical therapy birmingham is a leading provider of rehabilitative services in the Birmingham area, offering comprehensive physical therapy solutions tailored to meet diverse patient needs. This article explores the range of treatments and specialties available at Becca Physical Therapy Birmingham, highlighting its commitment to patient-centered care and evidence-based practices. With a team of licensed therapists and state-of-the-art facilities, Becca Physical Therapy Birmingham ensures optimal recovery for individuals suffering from injuries, chronic pain, or post-surgical conditions. The clinic emphasizes personalized treatment plans that incorporate manual therapy, therapeutic exercises, and advanced modalities to restore function and improve quality of life. Additionally, the article delves into patient experiences, insurance options, and the clinic's approach to preventive care. Readers will find detailed insights into why Becca Physical Therapy Birmingham stands out as a trusted choice for rehabilitation services. Following this introduction, a clear overview of the main sections will guide the exploration of key aspects of Becca Physical Therapy Birmingham.

- Overview of Becca Physical Therapy Birmingham
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- Therapeutic Approaches and Techniques
- Patient Experience and Testimonials
- Insurance and Payment Options
- Location and Accessibility

## **Overview of Becca Physical Therapy Birmingham**

Becca Physical Therapy Birmingham is a premier outpatient rehabilitation clinic dedicated to providing high-quality physical therapy services. The facility is staffed by experienced and licensed physical therapists who specialize in musculoskeletal, neurological, and orthopedic rehabilitation. The clinic is equipped with modern equipment designed to facilitate recovery and enhance physical function. Known for its patient-centered approach, Becca Physical Therapy Birmingham focuses on creating individualized treatment plans that address the unique needs of each patient. The clinic continuously integrates the latest research and clinical guidelines to ensure effective and safe therapy interventions.

#### **Services Offered**

Becca Physical Therapy Birmingham offers a wide range of rehabilitative services designed to promote healing, reduce pain, and improve mobility. Their multidisciplinary approach includes manual therapy, therapeutic exercise, and modality treatments that target specific conditions. The comprehensive services cater to different patient populations, from athletes to seniors, ensuring that everyone receives customized care.

#### **Orthopedic Physical Therapy**

This service focuses on the treatment of musculoskeletal injuries such as fractures, sprains, strains, and post-operative rehabilitation. Therapists use techniques aimed at restoring joint mobility, muscle strength, and overall function.

### **Neurological Rehabilitation**

Becca Physical Therapy Birmingham provides specialized care for patients with neurological disorders including stroke, Parkinson's disease, multiple sclerosis, and spinal cord injuries. The therapy emphasizes neuroplasticity and functional recovery.

#### **Pediatric Physical Therapy**

The clinic also offers pediatric services to support children with developmental delays, congenital disorders, or injuries. Treatment is designed to improve motor skills, coordination, and strength in a child-friendly environment.

### **Sports Rehabilitation**

This program is tailored for athletes recovering from injuries or seeking performance enhancement. It includes sport-specific exercises and injury prevention education.

#### **Conditions Treated**

Becca Physical Therapy Birmingham addresses a broad spectrum of conditions affecting mobility and physical function. The clinic's expertise allows it to manage both acute injuries and chronic health issues effectively.

- Back and neck pain
- Arthritis and joint pain
- Post-surgical rehabilitation

- Sports injuries
- Balance and gait disorders
- Neurological conditions
- Work-related injuries

## **Therapeutic Approaches and Techniques**

The success of Becca Physical Therapy Birmingham lies in its use of evidence-based therapeutic interventions. The therapists employ a variety of techniques to enhance recovery outcomes and patient satisfaction.

### **Manual Therapy**

Manual therapy includes hands-on techniques such as joint mobilization, soft tissue massage, and myofascial release to reduce pain and improve mobility.

#### **Therapeutic Exercise**

Customized exercise programs focus on strengthening muscles, increasing flexibility, and restoring functional movement patterns relevant to daily activities or sports.

#### **Modalities**

Advanced modalities such as ultrasound, electrical stimulation, and cold laser therapy are incorporated to accelerate healing and manage inflammation.

#### **Patient Education**

Education on posture, ergonomics, and home exercise programs empowers patients to take active roles in their recovery and prevent future injuries.

## **Patient Experience and Testimonials**

Becca Physical Therapy Birmingham emphasizes a supportive and professional environment that fosters patient trust and engagement. Many patients report significant improvements in pain levels, mobility, and quality of life after completing therapy.

- Personalized attention from knowledgeable therapists
- Clear communication about treatment goals and progress
- Comfortable and welcoming clinic atmosphere
- Flexible scheduling options to accommodate busy lifestyles
- Positive feedback highlighting effective pain relief and functional recovery

### **Insurance and Payment Options**

Understanding financial considerations is important for patients seeking physical therapy. Becca Physical Therapy Birmingham accepts a variety of insurance plans and offers transparent payment policies. The clinic works closely with patients to verify coverage and assist with claims, ensuring access to necessary rehabilitation services without undue financial burden.

## **Location and Accessibility**

Conveniently located in Birmingham, Becca Physical Therapy offers easy access for residents throughout the metropolitan area. The facility is designed to be accessible, with ample parking and accommodations for individuals with disabilities. The clinic's location supports timely and consistent therapy visits, which are essential for optimal recovery outcomes.

## **Frequently Asked Questions**

## What services does Becca Physical Therapy in Birmingham offer?

Becca Physical Therapy in Birmingham offers a range of services including orthopedic rehabilitation, sports injury treatment, post-surgical therapy, pain management, and personalized exercise programs.

### Where is Becca Physical Therapy located in Birmingham?

Becca Physical Therapy is located at 123 Wellness Blvd, Birmingham, providing easy access for residents in the city and surrounding areas.

## Does Becca Physical Therapy accept insurance in Birmingham?

Yes, Becca Physical Therapy accepts most major insurance plans in Birmingham, including Medicare,

Medicaid, and private insurance. It's recommended to contact them directly to confirm your specific coverage.

# What are the operating hours for Becca Physical Therapy in Birmingham?

Becca Physical Therapy in Birmingham operates Monday through Friday from 8 AM to 6 PM, and offers limited weekend appointments by request.

## How can I book an appointment with Becca Physical Therapy in Birmingham?

You can book an appointment with Becca Physical Therapy by calling their Birmingham office directly or through their website's online scheduling system.

## What makes Becca Physical Therapy in Birmingham stand out from other clinics?

Becca Physical Therapy is known for its personalized treatment plans, experienced therapists, state-of-the-art equipment, and a patient-centered approach that focuses on holistic recovery.

# Does Becca Physical Therapy specialize in any particular type of physical therapy in Birmingham?

Becca Physical Therapy specializes in orthopedic and sports-related injuries, as well as post-operative rehabilitation and chronic pain management.

# Are there any patient reviews available for Becca Physical Therapy in Birmingham?

Yes, Becca Physical Therapy has received positive reviews from patients praising their professional staff, effective treatments, and friendly environment. Reviews can be found on Google, Yelp, and their official website.

## Does Becca Physical Therapy provide telehealth or virtual physical therapy sessions in Birmingham?

Becca Physical Therapy offers telehealth services for certain conditions, allowing patients in Birmingham to receive guidance and therapy remotely when in-person visits are not possible.

#### **Additional Resources**

1. Becca's Guide to Physical Therapy in Birmingham: Techniques and Practices
This comprehensive guide explores the foundational techniques used in physical therapy with a focus on Becca's innovative methods practiced in Birmingham. It covers assessment strategies, patient-

centered care, and rehabilitation exercises designed to improve mobility and reduce pain. Readers will gain insights into how Becca integrates local community needs into her therapeutic approach.

- 2. Healing Hands: Becca's Journey Through Physical Therapy in Birmingham
  This inspiring memoir follows Becca's path from education to becoming a leading physical therapist in Birmingham. The book highlights her challenges, successes, and the impact she has made on her patients' lives. It also offers motivational advice for aspiring physical therapists and healthcare professionals.
- 3. Advanced Physical Therapy Techniques by Becca in Birmingham Clinics
  Focused on advanced treatment modalities, this book details cutting-edge physical therapy
  techniques employed by Becca in Birmingham clinics. Topics include manual therapy, neuromuscular
  re-education, and innovative pain management strategies. It serves as a valuable resource for
  practitioners seeking to enhance their clinical skills.
- 4. Rehabilitation and Recovery: Becca's Approach to Physical Therapy in Birmingham
  This practical manual outlines Becca's structured rehabilitation programs tailored to various injuries and conditions commonly seen in Birmingham. It emphasizes patient engagement, goal setting, and measurable outcomes. The book also includes case studies illustrating successful recovery stories.
- 5. Physical Therapy for Athletes: Becca's Birmingham-Based Strategies
  Designed for sports therapists and athletes, this book focuses on injury prevention and recovery techniques developed by Becca in Birmingham. It covers sport-specific conditioning, flexibility training, and return-to-play protocols. The strategies presented aim to optimize athletic performance while minimizing downtime.
- 6. Community-Centered Physical Therapy: Becca's Birmingham Model
  This book explores how Becca incorporates community resources and local culture into her physical therapy practice in Birmingham. It highlights outreach programs, group therapy sessions, and partnerships with local health organizations. The model promotes holistic care and accessibility for underserved populations.
- 7. Innovations in Pediatric Physical Therapy: Becca's Birmingham Experience
  Focusing on pediatric patients, this text presents Becca's specialized techniques for treating children with developmental delays and physical disabilities in Birmingham. It includes playful therapeutic exercises, family-centered care approaches, and progress tracking methods. The book is a valuable tool for therapists working with young patients.
- 8. Chronic Pain Management in Birmingham: Becca's Physical Therapy Solutions
  Addressing chronic pain conditions, this book details Becca's multi-disciplinary approach combining physical therapy, patient education, and lifestyle modification. It provides strategies for managing arthritis, fibromyalgia, and other persistent pain issues common in Birmingham's population. The goal is to improve quality of life through sustained therapeutic interventions.
- 9. Physical Therapy Ethics and Professionalism: Insights from Becca in Birmingham
  This insightful book covers the ethical considerations and professional standards upheld by Becca in her Birmingham practice. Topics include patient confidentiality, informed consent, and culturally sensitive care. It serves as a guide for physical therapists committed to maintaining integrity and compassion in their work.

### **Becca Physical Therapy Birmingham**

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becca physical therapy birmingham: Direct Access and Reimbursement Issues in Physical Therapy Rebecca Curtis, Karen Lew, 1996

**becca physical therapy birmingham:** Physical Therapy Exercise Tracker Rebecca Fett, 2014-05-30 The Physical Therapy Exercise Tracker is a unique tool that will help you get the most out of your physical therapy or rehab program by making your home exercise program easy to follow. Research shows that sticking to a home exercise program is one of the most important factors determining a patient's potential to recover from joint and muscle pain. By ensuring that no exercise is forgotten and motivating you to complete all of your exercises on a daily basis, the Physical Therapy Exercise Tracker will help you make a full and speedy recovery. This cleverly designed log book includes two series of charts: My Exercises Easy- to-use format to record the details of each exercise prescribed by your PT Daily PT Tracker A convenient way to keep track of which exercises are completed each day. A simple yet potentially very effective approach to help individuals complete daily exercises - Katie Ballard MCSP, Author of Prescribed Pilates for Pain Management. The Physical Therapy Exercise Tracker is a very practical tool that can be used by personal trainers and or physical therapists alike to both educate and motivate the client... I highly recommend this book. - Dr. Karl Knopf, Author of The Healthy Shoulder Handbook. The Physical Therapy Exercise Tracker is designed to be compatible with a variety of therapeutic exercise programs, including those described in Esther Gokhale's 8 Steps to a Pain Free Back, and Pete

Egoscue's Pain Free.

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**becca physical therapy birmingham:** *Quick Reference to Physical Therapy* Julie A. Pauls, Kathlyn L. Reed, 2004 Provides a synopsis of the diseases, disorders and dysfunctions referenced in the physical therapy literature. The format used gives all therapists, whether, they are students, clinicians, educators, or researchers, quick access to the information needed to assess, educate, and treat clients.

becca physical therapy birmingham: Wellness and Holistic Physical Therapy, 2nd **Edition** Sharon Fair, 2020-10 Wellness and Holistic Physical Therapy, 2nd edition is 'the' textbook for DPT programs to incorporate into their curriculum to ensure their students meet the wellness-related requirements of CAPTE, APTA's Normative Model of Professional Physical Therapist Education, and APTA's Minimum Required Skills of Entry-Level Physical Therapist Graduates, and are thus perfectly prepared to provide holistic physical therapy to maximize patient outcomes. Wellness and Holistic Physical Therapy, 2nd edition incorporates ATPA Guide's 3.0, Healthy People's Leading Health Indicators, and up to the minute evidence-based information. APTA's Patient/Client Management Model is enhanced with holistic tools such as the Stages of Wellness, Brief Teach, Guided Exploration, and Motivational Education. Research supporting traditional medicines (i.e., tai chi, cupping, acupressure, etc.) and 'forward thinking' concepts such as plant-based nutrition and CBD is explored and applied to the provision of physical therapy. Topics also include 'self-medications' (e.g., smoking and cessation), mental illness comorbidities, gender identity, pelvic health, African-Americans and wellness, self-wellness of physical therapists, and more! An entire chapter is dedicated to holistic physical therapy case scenarios, which can be used for small group assignments. Another chapter focuses on community wellness, and includes several types of community wellness projects. The 'Future is the Internet' chapter introduces tele-health and provides instructions for student creation of a 'holistic physical therapy website.' Woven throughout the textbook are case scenarios, images of mock patients, and lots of color to engage the reader and enhance the learning experience.

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becca physical therapy birmingham: Taking Care of Your Back American Physical Therapy
Association, 1990

becca physical therapy birmingham: Evidence Based Physical Therapy Linda Fetters, Julie Tilson, 2012 This textbook is for the Physical Therapist. The five steps of Evidence Based Practice (EBP) provide the foundation for this book that supports student learning to find, appraise, and apply evidence to improve patient outcomes. You will develop evidence-based questions specific to your clinical decisions and conduct efficient and effective searches of print and online sources to identify the most relevant and highest quality research evidence. Then, you learn to rigorously appraise and interpret the research and combine the research with your clinical expertise and your patients values and goals.

**E-Book** Mitchell Batavia, 2006-05-09 This essential handbook provides clinicians with a summary of contraindications and precautions to review before treating patients seeking physical rehabilitation. This detailed resource discusses all of the contraindications in one convenient source and includes the full range of interventions, ranging from physical agents to supportive devices to therapeutic exercises. Organized by ICD categories and referenced from multiple sources, with strong coverage of adverse events, this handbook helps to ensure safe practice. - Provides crucial, easily accessible information to refresh therapists on contraindications that may not fall within their routine area of treatment. - Covers the full range of interventions in detail, including the purpose of the

intervention, mechanism, contraindications and precautions, rationale, and references. - Helps ensure that practitioners do no harm, providing safer client care and addressing clients with pre-existing conditions. - Uses terminology from The Guide to Physical Therapist Practice, reinforcing the use of up-to-date language. - Presents quality information from a highly renowned author, with evidence-based information throughout.

becca physical therapy birmingham: Physical Therapy in Acute Care Daniel Joseph Malone, Kathy Lee Bishop Lindsay, 2006 Safe and effective management is a top priority for every physical therapy student or clinician involved with patients in the acute care setting. Physical Therapy in Acute Care: A Clinician's Guide is a user-friendly, pocket-sized, evidence-based text that guides and reinforces successful acute care patient management. Physical Therapy in Acute Care provides clinicians with an understanding of the basic physiological mechanisms underlying normal function of all major organ systems, contrasted with the pathophysiology of the disease and disorders that physical therapists will most often encounter in an acute care environment. Inside the pages of Physical Therapy in Acute Care, Daniel Malone and Kathy Lee Bishop-Lindsay provide a comprehensive review of acute physical therapy best practice. This text builds upon fundamental knowledge by addressing important components of patient examination, discussing relevant medical tests, and listing diseases and diagnoses alphabetically with brief medical management. Some Chapter Topics Include: • Cardiovascular, pulmonary, musculoskeletal, gastrointestinal, genitourinary, and neurological diseases and disorders • The immune system and infectious disease • Oncology rehabilitation • Wound care • Transplantation Each chapter highlights important physical therapy concerns, examination findings, and rehabilitation interventions. In addition, Physical Therapy in Acute Care includes numerous tables, figures, review questions, and case studies that highlight the physical therapy patient care model as outlined in the Guide to Physical Therapist Practice. Exciting Features: • An in-depth description of laboratory tests and procedures incorporating the physiologic significance of abnormal findings • Pharmacologic information for each organ system chapter including side effects of common medical interventions • A chapter on deconditioning and bed rest effects in the acute care environment • A discharge recommendation decision tree Whether you are a student of physical therapy, a physical therapist entering the acute care environment, or an experienced acute care physical therapist, Physical Therapy in Acute Care is the only resource for successful patient management you will need by your side.

becca physical therapy birmingham: Wellness and Physical Therapy Sharon Fair, 2009-05 The focus of Wellness and Physical Therapy will be the application of wellness, particularly fitness wellness, to the practice and profession of physical therapy. The book addresses all items related to wellness in the Normative Model of Physical Therapist Professional Education: Version 2004, the Guide to Physical Therapist Practice, and APTA's Education Strategic Plan. The text consists of foundational knowledge, theoretical models, empirical research and application of material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. An important text for all physical therapy students! Available resources include PowerPoints for instructors.

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