

## Physical Therapy

### Description

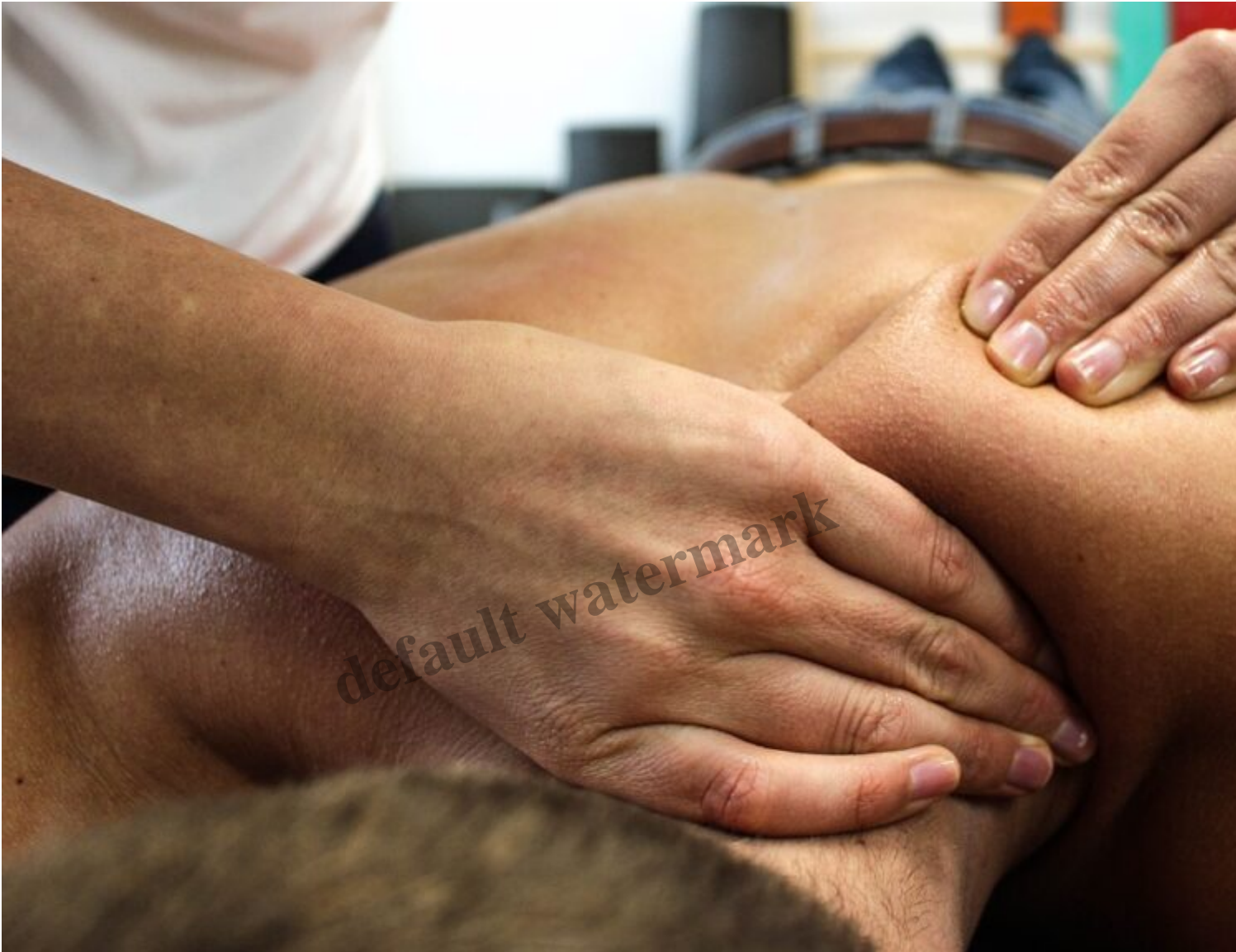
# Physical Therapy

[Learn More](#)

## Benefits Of Physical Therapy

physical therapy can help you achieve physical well-being and a high quality of life. This is especially true for those who have suffered a traumatic event, as physical therapy can improve their physical recovery process and give them the resources they need to regain their physical purpose. With physical therapy, you can lower the risk of aggravating your injury, increase mobility and balance, reduce chronic pain and eventually improve athletic performance. At Move Well MD in Manhattan, we understand this crucial part of recovery and provide our clients with therapeutic physical measures that will renew physical health in an effective manner. Our experienced physical therapists guide clients through leading protocols as well as personalize custom regimens that best suit their needs. Experience the wonders of physical therapy today with Move Well MD in Manhattan: let us help you achieve physical success! Move well md have the best [Pain Management Doctors in Nyc](#). Best Physical Therapy Nyc Best Physical Therapists in Nyc

[Learn More](#)



[JOINT PAIN RELIEF](#)[LEARN MORE](#) [ACUPUNCTURE](#) [LEARN MORE](#) [SPORTS MEDICINE](#) [LEARN MORE](#) [KNEE PAIN RELIEF](#) [LEARN MORE](#) [PHYSICAL THERAPY](#) [LEARN MORE](#) [TRIGGER POINT INJECTIONS](#) [LEARN MORE](#) [PHYSICAL REHABILITATION](#) [LEARN MORE](#) [SHOULDER PAIN RELIEF](#) [LEARN MORE](#) [BACK PAIN RELIEF](#) [LEARN MORE](#) [SCIATICA](#) [LEARN MORE](#) [NECK PAINS/MIGRAINE](#) [LEARN MORE](#) [CHIROPRACTIC](#) [LEARN MORE](#)

[Previous](#)

[Next](#)

## [Joint Pain Relief](#)

[LEARN MORE](#)

## [ACUPUNCTURE](#)

[LEARN MORE](#)

## [SPORTS MEDICINE](#)

[LEARN MORE](#)

## [KNEE PAIN RELIEF](#)

[LEARN MORE](#)

## [PHYSICAL THERAPY](#)

[LEARN MORE](#)

## [TRIGGER POINT INJECTIONS](#)

[LEARN MORE](#)

## [PHYSICAL REHAB](#)

[LEARN MORE](#)

## [Shoulder Pain Relief](#)

[LEARN MORE](#)

## [Back Pain](#)

[LEARN MORE](#)

Default watermark

## [Sciatica](#)

[LEARN MORE](#)

## [Neck Pain/Migraines](#)

[LEARN MORE](#)

## [Chiropractic](#)

[LEARN MORE](#)

# What TO Know Before You GO

## [What Is Physical Therapy?](#)

Physical therapy is one of the most common therapeutic processes because it works in a wide variety of situations. Someone recovering from a heart attack, for example, may use physical therapy to help become strong enough for regular exercise. It is also a go-to intervention after a fracture or joint replacement surgery.

The therapists at Move Well MD work with patients to improve their flexibility so they can manage everyday tasks. Better mobility will improve fitness levels and help reduce pain at the same time.

People tend to associate physical therapy with exercise but it's more than that. It's the whole package when it comes to healing promotion. Therapists do:

- Manual manipulation
- Patient education
- Ultrasound
- Electrical stimulation

They also use first aid techniques like ice and heat to reduce inflammation before and after exercise.

## [What Kind Of Patients Need Physical Therapy?](#)

There are few limitations because most people can benefit from it regardless of their current medical problems. Physical therapists, along with practitioners such as Dr. Gruen, develop customized plans based on the mobility levels and needs of each individual patient. Some common problems that might send someone to a physical therapist include:

- Back pain

- Neck pain
- Joint pain
- Orthopedic injury
- Orthopedic surgery
- Cardiac rehabilitation
- Cancer
- Wound care

Physical therapy is one piece of a care plan designed to improve mobility and restore health.

### [What Should Patients Expect From Physical Therapy At Move Well MD](#)

It starts with the Move Well MD therapist doing an examination to get a feel for the patient's mobility challenges and to discuss symptoms. From there, they establish goals based on the information provided to them, the exam and the patient's expectations. The first step is almost always to manage the pain and any inflammation that is affecting movement.

Physical therapy does involve exercise too. It starts at the practice with the therapist helping joints move or providing support as the patient does basic stretches. Over time, as they become stronger, the routine will expand to provide more challenges.

A few things to expect include:

- Stretches
- Core exercise
- Weightlifting
- Walking

Patient education is a big part of physical therapy, so the patient learns how to move without aggravating an injury.

At Move Well MD in Manhattan located in the downtown financial district of lower Manhattan, NY, NY 10038, we use an integrated system of care to relieve pain, improve range of motion and help you to move well again! We are just a few short path train stops away from Hoboken, NJ and Jersey City, NJ.

#### *Kathy Z?????* [Read More](#)

Best care I have ever received from a medical provider. Everyone here really cares and is clearly very knowledgeable. I saw another provider before who did not take the time to actually make a diagnosis – received one here on my first visit. Doctor is experienced and works with your comfort level. Highly recommend!

#### *Christine Y?????* [Read More](#)

Now a regular patient of MoveWell, all the doctors and staff continue to provide exceptional and professional services for me. They are personable, kind, patient and supporting of my ongoing pain. Thank you once again!

#### *Bradley A?????* [Read More](#)

Dr. Ben and the staff are the best I feel like Family every time i come to the office. My first visit to the office was almost 2 years ago because of a sever neck crank during sparring i couldn't look to my right for almost 2 weeks. So I tried Move Well for relief because it was in the area and thank goodness I did.

After the first visit I already had almost full range and mobility of my neck.

*Michael ?????* [Read More](#)

I've been a regular patient at Move Well for over 6 years. Dr Ben has truly helped me stay in good physical shape well into my 40s. Any aches and pains are immediately alleviated as a result of my weekly visits. Ask about the acupuncture, it's been a great addition to my routine.

*John K?????* [Read More](#)

Dr. Ben and his staff are the best! Receptionist were very friendly and I did not wait at all for my appointment. The doctor spent alot of time with me and explained very well what he was going to do. That made me feel very comfortable. Highly recommend!

*Raina C?????* [Read More](#)

Move Well MD is a one stop shop for holistic chiropractic care. Dr. Ben is fantastic as well as all of the team members there. What's best about this office is that they offer multiple different pain remedies from adjustments, massage, acupuncture and injection therapy.

[Previous](#)

[Next](#)

## Contact Our Manhattan Physical therapist

At Move Well MD, we strongly urge our patients to reach out to our esteemed physical therapy specialist in Manhattan. Our specialist is a highly trained and experienced medical professional, with a strong background in sports medicine, orthopedics, and rehabilitative care. With a deep understanding of the body's anatomy and physiology, they bring specialized knowledge and expertise in helping people recover from injuries and common musculoskeletal ailments. Not only will our specialist provide personalized guidance tailored to your individual needs, but they can also help answer any questions you have prior to starting treatment.

To ensure optimal results during your recovery journey with us at Move Well MD, we recommend regularly consulting our physical therapy specialist for advice on how best to help achieve your long-term wellness goals. Best Physical Therapy Nyc Best Physical Therapists in Nyc

[Book Appointment](#)

### **Date Created**

February 2023

### **Author**

ivan\_seoclinic