

Blog

Blog

945

Filter by tag: [Chronic Pain](#) [Healthy Aging](#) [Knee](#) [low back/spine](#) [Other pt and surgery](#) [Shoulder](#) [Skin Conditions](#) [Sports](#) [Wellness](#) [Wrist](#)

Page 1 of 5

[Next >](#)

[PT Can Prevent Unnecessary Surgery](#)

PT Can Prevent Unnecessary Surgery. Recent research is showing that surgery might not be needed as often as we think. A large review estimates that 10 of surgeries might be unnecessary and that in some specialties such as cardiology and orthopedics, that number might be higher. The reasons for so many unneeded surgeries being performed are varied, but the most common are that more conservative options aren't tried first, or lack of knowledge by the operating physician. Physicians undergo...

[Read more...](#)

Posted on **2019-06-25**

[The Importance Of PhysioTherapy In The Prevention Of Common Skin Conditions](#)



The Importance of PhysioTherapy In The Prevention of Common Skin Conditions. 43 of people over 70 have it. The pressure exerted during longitudinal gliding and kneading loosens muscles below the skin and moves blood through congested areas, thereby facilitating blood flow. As the nutrient-rich blood circulates with more ease, it nourishes the skin cells, thus preventing the occurrence of the conditions mentioned above. Besides, increased blood flow will cure fatigue, promote digestion, and impr...

[Read more...](#)

Posted on **2019-06-24**

[PulsePoint in Our Community](#)

What would you do if the person in line in front of you at the grocery store fell to the floor and stopped breathing? Do you know CPR? Could you help that person? If you answered "I don't know" to any of those questions, you might be happy to know there is new technology in our community that could help you in this situation. Just like for everything else these days, "there's an app for that!" Here is how it works: All willing and able individuals who are tra...

[Read more...](#)

Posted on **2019-04-15**

[The No. 1 Thing You Can Do to Improve Your Physical Therapy Experience](#)

Dealing with the pain and limited mobility associated with an injury or illness can be stressful for so many reasons. You might have questions such as, "How long will I be sidelined?" and "What do I need to do to get better?" Or maybe you're worried about how you'll pick your children up from school, walk to the train for your commute or prepare meals for your family. These are all perfectly normal concerns. Luckily, there

are some ways that you can gain cont...

[Read more...](#)

Posted on **2019-03-15**

[What Brings You to Physical Therapy Today?](#)

What Brings You to Physical Therapy Today? When you kick off a new project at work, chances are you spend a fair amount of time setting and reviewing goals. These goals help you—and those you'll be working with—get a clear sense of what you're looking to achieve and begin to map out a plan of attack. Along with specific goals, you also probably find it helpful to set some key milestones to ensure that you stay on task and keep your motivation going strong. These same pr...

[Read more...](#)

Posted on **2019-03-13**

Page 1 of 5

[Next >](#)

"At Judice Sports and Rehab, I had a thorough evaluation, and was treated by the physical therapist/owner, Gregory Judice. He spent a full hour with me, one-on-one, and made an individualized plan of care. His hands-on method of treatment was tailor-made for me to improve my shoulder motion, without causing more pain. I had measurable improvement even after one visit!" -Denise