

THE COAST NEWS

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MAKING WAVES IN YOUR NEIGHBORHOOD

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Physical therapy facility offers hands-on treatment

VISTA — Do you have pain or a nagging injury? Are you planning on having surgery for your back, arm or leg? Is your balance less than it once was? If the answer to any of these questions is yes, then you will want to visit Tri-City Physical Therapy and Hand Center.

Tri-City Physical Therapy and Hand Center is the trusted and proven rehabilitation center in North County and can help you on your path to healing.

“We treat just about every orthopedic injury, whether it be an occupational injury, sports injury or chronic pain,” Dennis Smith, MPT/CHT, director of rehabilitation said. Tri-City Physical Therapy offers rehabilitation from joint replacement surgery, spinal surgery and extremity surgery.

Other specialty services are Certified Hand Therapy, treatment of TMD/TMJ disorders and balance therapy.

“Our therapists have expertise in treating all types of orthopedic injuries,” Smith said. “We believe experience is the key to developing successful treatment programs for patients. We have 56 years of cumulative experience by our four physical therapists. Because of this,



the physicians in this area trust our clinicians and our rehabilitation programs, this is why we have been successful.”

Hand injuries, whether they are from an injury or occur over time, are best treated by Certified Hand Therapists (CHTs). “We have two CHTs working at this facility, which is pretty rare for any facility in the county,” Smith said.

Certified hand therapists have a minimum of five years of clinical experience, including at least 4,000 hours in direct provision of upper extremity

therapy.

Certified Hand Therapists are highly skilled in the evaluation and treatment of complex hand injuries, arthritis conditions, post-surgical rehabilitation from fractures or tendon repairs, joint reconstruction or replacement surgeries.

If you have been looking for a P.T. facility that focuses on you as the patient and individualizes a program that is specific to your rehabilitation needs, then Tri-City P.T. and Hand Center is the answer.

The P.T.s will individually evaluate you

and develop an appropriate program specific to your injury and current condition. “We are a hands-on clinic and our P.T.s are all manual therapists,” Smith said.

“We don’t rely on machines or modalities to fix our patients, we spend time with each patient and do whatever is appropriate to help rehabilitate their injury. We are honest in our approach and don’t offer any gimmicks in therapy, only straight-forward P.T., the way it was originally meant to be.”

Tri-City Physical Therapy and Hand Center has four ther-

apists on staff (Dennis Smith, MPT/CHT; Lisa Baker, MPT/CHT; Chris Ambrose, MPT; and Dr. Tristan Seok, DPT).

Tri-City Physical Therapy and Hand Center has been at its Vista location since 1995 and is a privately owned facility, not affiliated to Tri-City Medical Center.

It is one of eight offices owned and operated by Physical Therapy and Hand Centers, Inc. Extended hours are offered from 7 a.m. to 6:30 p.m. Monday through Friday.

They have a Spanish-speaking staff and accept most insurance types, such as PPO, HMO, Medicare and community health groups.

They are located at 2067 W. Vista Way, Suite 185. For more information, call (760) 631-5888 or visit pcht-pt.com.

Tri-City Physical Therapy and Hand Center is located at Vista Medical Plaza the premier outpatient health center in the Tri-City area.

If you’re a physician looking for medical office space, Vista Medical Plaza offers several unique advantages to help grow your business.

To learn more, visit: VistaMedicalPlaza.com/leasing.