

# cmc physical therapy hooksett nh

**CMC physical therapy Hooksett NH** is a premier destination for individuals seeking rehabilitation and recovery services in the New Hampshire area. Located conveniently in Hooksett, CMC Physical Therapy offers a comprehensive range of therapeutic services designed to help patients regain mobility, strength, and overall well-being. Whether you are recovering from an injury, managing a chronic condition, or seeking to improve your physical fitness, CMC Physical Therapy is dedicated to helping you achieve your health goals.

## Overview of CMC Physical Therapy

CMC Physical Therapy is part of the larger Catholic Medical Center (CMC) network, which has been serving the community for decades. The clinic is staffed by a team of licensed and experienced physical therapists who are committed to providing personalized care tailored to each patient's unique needs. Their approach emphasizes evidence-based practices, ensuring that patients receive the most effective treatments available.

## Services Offered at CMC Physical Therapy Hooksett

At CMC Physical Therapy Hooksett, a variety of services are offered to cater to different rehabilitation needs. Here are some of the key services provided:

### 1. Orthopedic Rehabilitation

Orthopedic rehabilitation focuses on recovering from injuries related to the musculoskeletal system. This includes:

- Post-surgical rehabilitation
- Joint replacements
- Sports injuries
- Fractures and sprains

### 2. Neurological Rehabilitation

For individuals dealing with neurological conditions, CMC offers specialized therapy aimed at improving coordination, balance, and mobility. Conditions treated include:

- Stroke recovery
- Parkinson's disease
- Multiple sclerosis
- Traumatic brain injuries

### **3. Pediatric Physical Therapy**

Children have unique physical therapy needs, and CMC provides specialized services to help them overcome developmental challenges. Key areas of focus include:

- Developmental delays
- Cerebral palsy
- Sports injuries in young athletes
- Post-surgical rehabilitation for children

### **4. Geriatric Rehabilitation**

As we age, our bodies can face various challenges. CMC offers tailored rehabilitation programs for older adults, focusing on:

- Fall prevention
- Arthritis management
- Post-operative recovery
- Strengthening and balance exercises

### **5. Women's Health Therapy**

Women's health is another specialty area at CMC, including treatment for issues such as:

- Pregnancy-related pain
- Pelvic pain and dysfunction
- Postpartum rehabilitation
- Osteoporosis management

## **Why Choose CMC Physical Therapy in Hooksett, NH?**

When considering physical therapy options, there are several reasons to choose CMC Physical Therapy in Hooksett:

## **1. Expert Staff**

The team at CMC consists of highly trained professionals who stay updated on the latest techniques and rehabilitation strategies. Their expertise ensures that patients receive the best possible care.

## **2. Personalized Treatment Plans**

At CMC, each patient receives a customized treatment plan based on their specific needs and goals. This individualized approach helps maximize recovery potential and improve patient satisfaction.

## **3. State-of-the-Art Facilities**

CMC Physical Therapy is equipped with modern facilities and advanced technology to enhance the rehabilitation experience. Patients benefit from a comfortable and supportive environment that fosters healing.

## **4. Convenient Location**

Located in the heart of Hooksett, NH, CMC Physical Therapy is easily accessible for residents in the surrounding areas. This convenience makes it easier for patients to attend appointments regularly, which is crucial for effective recovery.

## **5. Insurance Acceptance**

CMC Physical Therapy accepts a variety of insurance plans, making it easier for patients to receive the care they need without financial strain. It's always best to check with the clinic regarding specific insurance coverage.

## **Patient Experience at CMC Physical Therapy**

The patient experience at CMC Physical Therapy is central to their approach. From the moment you walk through the door, you will be greeted by friendly staff dedicated to ensuring your comfort and satisfaction. Here's what to expect:

## **1. Initial Evaluation**

The journey begins with a thorough assessment conducted by a physical therapist. This evaluation includes:

- Medical history review
- Physical examination
- Discussion of symptoms and goals

Based on this assessment, a personalized treatment plan will be developed.

## **2. Treatment Sessions**

Patients will participate in regular therapy sessions that may include:

- Manual therapy techniques
- Therapeutic exercises
- Education on injury prevention
- Modalities such as heat, ice, or electrical stimulation

## **3. Progress Tracking**

Progress is closely monitored throughout the treatment process. Regular evaluations help ensure that the treatment plan is effective and adjustments are made as necessary to optimize recovery.

## **4. Home Exercise Programs**

To enhance recovery, patients may be provided with a home exercise program designed to complement their in-clinic sessions. This empowers patients to take an active role in their rehabilitation.

## **Community Involvement and Support**

CMC Physical Therapy is not only committed to patient care but also to the community. They often engage in outreach programs and health fairs, providing education on injury prevention and wellness. This commitment to community health reinforces their role as a trusted healthcare provider in Hooksett and beyond.

# Conclusion

In summary, **CMC physical therapy Hooksett NH** stands out as a leading choice for individuals seeking effective rehabilitation services. With a wide range of specialized therapies, expert staff, and a commitment to personalized care, CMC Physical Therapy is dedicated to helping patients regain their strength and improve their quality of life. Whether you're recovering from an injury, managing a chronic condition, or simply looking to enhance your physical fitness, CMC Physical Therapy is here to support you on your journey to wellness. If you're considering physical therapy, reach out to CMC in Hooksett today to learn more about how they can help you achieve your health goals.

## Frequently Asked Questions

### **What services does CMC Physical Therapy in Hooksett, NH offer?**

CMC Physical Therapy in Hooksett offers a range of services including orthopedic rehabilitation, sports therapy, post-surgical rehab, and pain management.

### **How can I schedule an appointment at CMC Physical Therapy in Hooksett?**

You can schedule an appointment by calling their office directly or visiting their website to use the online booking system.

### **Is CMC Physical Therapy in Hooksett accepting new patients?**

Yes, CMC Physical Therapy in Hooksett is currently accepting new patients. It's best to contact them for availability and scheduling.

### **What types of insurance does CMC Physical Therapy in Hooksett accept?**

CMC Physical Therapy accepts various insurance plans including Medicare, Medicaid, and many private insurance providers. It's advisable to check with the clinic for specific coverage details.

### **What are the qualifications of the therapists at CMC**

## **Physical Therapy in Hooksett?**

The therapists at CMC Physical Therapy are licensed professionals with advanced degrees in physical therapy and specialized training in various treatment modalities.

## **What should I expect during my first visit to CMC Physical Therapy in Hooksett?**

During your first visit, you can expect a thorough evaluation of your condition, a discussion of your medical history, and the development of a personalized treatment plan.

## **Are there any specialized programs available at CMC Physical Therapy in Hooksett?**

Yes, CMC Physical Therapy offers specialized programs such as pediatric therapy, women's health rehabilitation, and fall prevention programs.

## **What are the operating hours of CMC Physical Therapy in Hooksett?**

CMC Physical Therapy in Hooksett operates Monday through Friday, with varying hours. It's best to check their website or call for specific times.

## **[Cmc Physical Therapy Hooksett Nh](#)**

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