

cora physical therapy deland

cora physical therapy deland is a leading provider of rehabilitative and therapeutic services in DeLand, Florida. Specializing in personalized treatment plans, Cora Physical Therapy aims to restore mobility, reduce pain, and enhance overall physical function for patients of all ages. With a team of highly trained physical therapists, state-of-the-art equipment, and a patient-centered approach, this facility offers comprehensive solutions for injury recovery, post-surgical rehabilitation, and chronic condition management. The clinic emphasizes evidence-based practices, ensuring that each therapy session is optimized for maximum effectiveness. Patients benefit from tailored exercises, manual therapy, and advanced modalities designed to accelerate healing and improve quality of life. This article explores the various services, treatment methods, patient benefits, and what sets cora physical therapy deland apart in the competitive healthcare landscape.

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Overview of Cora Physical Therapy DeLand

Cora Physical Therapy DeLand is a reputable outpatient rehabilitation center serving the residents of DeLand and surrounding areas. The clinic focuses on providing individualized care plans that address specific patient needs, whether recovering from orthopedic surgery, managing chronic pain, or healing sports injuries. The facility is staffed by licensed physical therapists trained in the latest therapeutic techniques and committed to improving patient outcomes. Utilizing a multidisciplinary approach, Cora Physical Therapy collaborates with physicians and other healthcare providers to ensure comprehensive care. The clinic's mission prioritizes patient education, empowerment, and long-term health maintenance through proven physical therapy interventions.

History and Mission

The clinic was established to fill a critical need for high-quality, accessible physical therapy services in DeLand. Since its inception, Cora Physical Therapy has maintained a commitment to evidence-based practice, continuous professional development, and community engagement. The mission centers on helping patients regain independence and improve functional abilities through compassionate and effective therapy methods.

Team of Experts

The team at Cora Physical Therapy DeLand includes board-certified physical therapists, licensed assistants, and support staff dedicated to patient care. With diverse specialties ranging from orthopedic rehabilitation to neurological therapy, the professionals ensure comprehensive treatment plans tailored to individual conditions and goals.

Services Offered

Cora Physical Therapy DeLand provides a wide range of services designed to address various

musculoskeletal and neurological conditions. These services are delivered using modern equipment and innovative techniques to maximize recovery speed and effectiveness.

Orthopedic Rehabilitation

This service targets patients recovering from fractures, joint replacements, ligament injuries, and other orthopedic conditions. Treatment plans include therapeutic exercises, manual therapy, and modalities such as ultrasound and electrical stimulation to reduce pain and restore function.

Sports Injury Therapy

Specialized programs for athletes focus on injury prevention, performance enhancement, and rapid recovery from sports-related trauma. Therapists develop sport-specific regimens that improve strength, flexibility, and endurance.

Neurological Rehabilitation

Patients suffering from stroke, multiple sclerosis, Parkinson's disease, or other neurological disorders receive targeted therapies aimed at improving motor control, balance, and coordination.

Pain Management

Cora Physical Therapy incorporates various pain management techniques, including manual therapy, therapeutic modalities, and patient education to help manage chronic pain conditions without reliance on medications.

Post-Surgical Rehabilitation

Post-operative patients benefit from structured rehabilitation programs designed to restore mobility, strength, and function following surgeries such as knee arthroscopy, rotator cuff repair, or spinal procedures.

Benefits of Physical Therapy at Cora

Choosing cora physical therapy deland offers numerous advantages for patients seeking effective rehabilitation and wellness services. The clinic's patient-centered approach ensures treatment plans are tailored to individual needs, promoting optimal recovery.

Personalized Treatment Plans

Each patient undergoes a thorough evaluation to develop a customized therapy regimen. This personalization increases the likelihood of successful outcomes and reduces recovery time.

Advanced Therapeutic Techniques

The use of cutting-edge equipment and techniques helps to accelerate healing and improve physical function. Modalities such as laser therapy, dry needling, and aquatic therapy complement traditional exercise programs.

Improved Mobility and Function

Physical therapy at Cora focuses on restoring range of motion, strength, balance, and coordination, enabling patients to return to daily activities and work with greater ease and less pain.

Non-Invasive Pain Relief

Therapeutic interventions provide effective alternatives to medication or surgery, reducing pain through natural healing processes and physical conditioning.

Education and Prevention

Patients receive valuable education on body mechanics, posture, and injury prevention strategies, empowering them to maintain long-term health and avoid future problems.

List of Key Benefits

- Customized rehabilitation programs
- Use of evidence-based treatment methods
- Enhanced recovery speed and effectiveness
- Reduction in pain and inflammation
- Improvement in strength, flexibility, and endurance
- Support for both acute injuries and chronic conditions
- Holistic approach including patient education

Patient Experience and Testimonials

Patients at Cora Physical Therapy DeLand consistently report high satisfaction with the quality of care and professionalism of the staff. The welcoming environment and personalized attention contribute to positive rehabilitation experiences.

Patient Care Approach

The staff emphasizes empathy, clear communication, and ongoing support throughout the treatment process. This patient-focused care model ensures individuals feel informed and motivated during their recovery journey.

Success Stories

Many patients have shared testimonials highlighting significant improvements in mobility, pain reduction, and return to normal activities following treatment at Cora Physical Therapy. These stories reflect the effectiveness of the clinic's comprehensive rehabilitation programs.

Insurance and Accessibility

Cora Physical Therapy DeLand accepts a variety of insurance plans, making high-quality physical therapy accessible to a broad patient base. The clinic works closely with insurance providers to facilitate smooth billing and minimize out-of-pocket expenses.

Accepted Insurance Plans

The facility accommodates major commercial insurance carriers, Medicare, and Medicaid. Patients are encouraged to verify coverage prior to initiating therapy to understand their benefits and copay responsibilities.

Appointment Scheduling and Accessibility

Appointments can be scheduled with flexibility to accommodate busy lifestyles. The clinic is fully accessible, featuring modern facilities designed to support patients with mobility challenges.

Contact and Location Information

Located conveniently in DeLand, Cora Physical Therapy offers easy access for residents seeking professional rehabilitation services. The clinic's contact information and office hours are designed to provide patient convenience and support.

Location Details

The center is situated in a central area of DeLand, easily reachable by car or public transportation. Ample parking and a welcoming reception area enhance the patient experience.

How to Schedule an Appointment

Patients can contact the clinic via phone or visit in person to schedule an initial evaluation or follow-up sessions. Staff members assist with insurance verification and answer any questions regarding treatment options.

Frequently Asked Questions

What services does Cora Physical Therapy in DeLand offer?

Cora Physical Therapy in DeLand offers a variety of services including orthopedic rehabilitation, sports injury therapy, post-surgical rehabilitation, balance and fall prevention, and personalized treatment

plans.

How can I schedule an appointment at Cora Physical Therapy DeLand?

You can schedule an appointment at Cora Physical Therapy DeLand by calling their office directly, visiting their website to book online, or getting a referral from your healthcare provider.

Does Cora Physical Therapy DeLand accept insurance?

Yes, Cora Physical Therapy DeLand accepts most major insurance plans. It is recommended to contact their office to verify whether your specific insurance is accepted.

What are the operating hours of Cora Physical Therapy in DeLand?

Cora Physical Therapy DeLand typically operates Monday through Friday, from 8:00 AM to 6:00 PM. However, hours may vary, so it is best to check directly with the clinic.

Are the physical therapists at Cora Physical Therapy in DeLand licensed and experienced?

Yes, the therapists at Cora Physical Therapy in DeLand are licensed professionals with extensive experience in physical therapy and rehabilitation.

What COVID-19 safety measures are implemented at Cora Physical Therapy DeLand?

Cora Physical Therapy DeLand follows strict COVID-19 safety protocols including sanitization, mask requirements, social distancing, and screening procedures to ensure patient and staff safety.

Can Cora Physical Therapy DeLand help with chronic pain

management?

Yes, Cora Physical Therapy DeLand provides specialized programs and therapies designed to help manage and reduce chronic pain effectively.

Is there parking available at Cora Physical Therapy in DeLand?

Yes, Cora Physical Therapy DeLand offers convenient parking facilities for patients at their location.

Do I need a doctor's referral to receive treatment at Cora Physical Therapy in DeLand?

In many cases, a doctor's referral is recommended but not always required. It is advisable to contact Cora Physical Therapy DeLand directly to understand their specific policy.

Additional Resources

1. *Healing Hands: The Cora Physical Therapy Approach in Deland*

This book offers a comprehensive overview of the specialized techniques used at Cora Physical Therapy in Deland. It explores patient success stories, treatment methodologies, and the science behind their rehabilitative practices. Readers will gain insight into how personalized care helps restore mobility and improve quality of life.

2. *Rehabilitation Revolution: Inside Cora Physical Therapy Deland*

Delving into innovative physical therapy practices, this book highlights the cutting-edge technologies and therapeutic exercises employed by Cora Physical Therapy in Deland. It emphasizes the importance of tailored treatment plans and the role of patient education in long-term recovery. Ideal for both professionals and patients interested in modern rehab strategies.

3. *Step by Step: Recovering with Cora Physical Therapy in Deland*

Focused on the patient journey, this guide presents step-by-step recovery protocols used at Cora

Physical Therapy in Deland. It includes tips for managing pain, improving strength, and preventing injury recurrence. The book aims to empower readers with knowledge to actively participate in their healing process.

4. The Science of Movement: Techniques from Cora Physical Therapy Deland

This title explores the biomechanics and therapeutic science underpinning treatments at Cora Physical Therapy in Deland. It covers assessments, manual therapies, and exercise prescriptions designed to restore function. The book is a valuable resource for physical therapists and students seeking evidence-based practices.

5. Beyond Pain: Holistic Healing at Cora Physical Therapy Deland

Highlighting a holistic approach, this book discusses how Cora Physical Therapy in Deland integrates mental and emotional wellness into physical rehabilitation. It examines stress management, patient motivation, and lifestyle changes that complement physical treatments. Readers will learn how comprehensive care aids in sustainable recovery.

6. Sports Injury Recovery with Cora Physical Therapy Deland

Targeted at athletes and trainers, this book focuses on injury prevention and rehabilitation strategies used at Cora Physical Therapy in Deland. It details sport-specific exercises and recovery timelines to help individuals return to peak performance safely. The guide also covers common sports injuries and their treatment protocols.

7. Senior Mobility Solutions: Cora Physical Therapy Deland's Guide

This book addresses the unique physical therapy needs of older adults in the Deland community. It discusses balance training, fall prevention, and strength-building exercises offered by Cora Physical Therapy. The resource aims to enhance independence and quality of life for seniors through specialized care.

8. Pediatric Physical Therapy Insights from Cora Deland

Focusing on children's rehabilitative care, this book outlines the pediatric physical therapy services provided at Cora Physical Therapy in Deland. It covers developmental milestones, common childhood

injuries, and therapeutic play techniques. Parents and caregivers will find practical advice for supporting their children's physical health.

9. Integrative Care: Collaborations at Cora Physical Therapy Deland

This title explores how Cora Physical Therapy in Deland collaborates with other healthcare providers to deliver integrative patient care. It highlights case studies involving physicians, occupational therapists, and nutritionists working together for optimal outcomes. The book underscores the value of multidisciplinary approaches in physical therapy.

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