

# **banner physical therapy gilbert banner gateway drive**

Banner Physical Therapy Gilbert Banner Gateway Drive is a leading provider of physical therapy services in Gilbert, Arizona. Located conveniently on Banner Gateway Drive, this facility is dedicated to offering high-quality rehabilitation and therapy solutions for a variety of physical ailments. By combining advanced technology, skilled professionals, and a patient-centered approach, Banner Physical Therapy aims to restore mobility, alleviate pain, and enhance the overall quality of life for its patients.

## **Overview of Banner Physical Therapy Gilbert**

Banner Physical Therapy Gilbert is part of the larger Banner Health network, which is renowned for its commitment to patient care and innovative health solutions. The Gilbert location specializes in a wide range of physical therapy services tailored to meet the needs of diverse patients, from athletes recovering from injuries to seniors looking to improve their mobility.

## **Mission and Values**

The mission of Banner Physical Therapy Gilbert is to provide accessible, high-quality care that promotes recovery and wellness. The facility operates under the following core values:

1. Patient-Centered Care: Each treatment plan is customized to the individual needs of the patient.
2. Integrity: Providing honest and transparent communication throughout the treatment process.
3. Excellence: Striving for the highest standards in service and results.
4. Collaboration: Working together with patients, families, and other healthcare providers to achieve optimal outcomes.

## **Services Offered**

Banner Physical Therapy Gilbert offers a comprehensive range of services to cater to various patient needs. Some of these services include:

# **1. Orthopedic Rehabilitation**

Patients recovering from orthopedic surgeries or injuries can benefit from specialized rehabilitation programs that focus on restoring strength, flexibility, and function. Common conditions treated include:

- ACL tears
- Rotator cuff injuries
- Hip replacements
- Fractures

# **2. Sports Rehabilitation**

Athletes of all levels can find tailored rehabilitation programs designed to help them return to their sport safely and effectively. Services include:

- Injury assessment and management
- Functional training
- Performance enhancement programs
- Return-to-sport protocols

# **3. Neurological Rehabilitation**

For patients with neurological conditions such as stroke or multiple sclerosis, Banner Physical Therapy Gilbert provides specialized therapies aimed at improving motor function and independence. Techniques include:

- Gait training
- Balance and coordination exercises
- Strength training
- Functional mobility training

# **4. Pediatric Therapy**

The facility also caters to younger patients with developmental or physical challenges. Pediatric therapy services may include:

- Developmental assessments
- Strengthening exercises
- Coordination training
- Play-based therapy

## **5. Pain Management**

Chronic pain can significantly affect daily life. Banner Physical Therapy Gilbert offers comprehensive pain management strategies, including:

- Manual therapy
- Therapeutic exercises
- Modalities such as ultrasound and electrical stimulation
- Education on pain management techniques

## **Team of Experts**

The success of Banner Physical Therapy Gilbert is largely attributed to its dedicated team of licensed physical therapists and support staff. These professionals bring a wealth of knowledge and experience to the facility, ensuring that patients receive the best possible care.

## **Qualifications and Expertise**

- Licensed Physical Therapists: All therapists are state-licensed and have completed extensive education in physical therapy.
- Specialized Training: Many staff members have additional certifications in areas such as sports therapy, manual therapy, or pediatric therapy.
- Continuous Education: The team participates in ongoing training to stay updated on the latest rehabilitation techniques and technologies.

## **Patient Experience**

At Banner Physical Therapy Gilbert, the patient experience is prioritized to make every visit as comfortable and beneficial as possible. The facility emphasizes the following aspects of patient care:

### **1. Initial Assessment**

Every patient begins their journey with a comprehensive evaluation by a licensed physical therapist. This assessment includes:

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

## **2. Customized Treatment Plans**

Based on the initial assessment, therapists develop individualized treatment plans that outline specific goals and therapeutic interventions. These plans are reviewed and adjusted regularly to ensure that patients are making progress.

## **3. Comfortable Environment**

The facility is designed to create a welcoming and supportive atmosphere. Key features include:

- Private treatment rooms
- State-of-the-art equipment
- A spacious gym area for rehabilitation exercises

## **4. Education and Empowerment**

Patients are encouraged to take an active role in their recovery. The team provides education on their conditions and treatment options, as well as strategies for self-management at home.

## **Community Involvement**

Banner Physical Therapy Gilbert is not just a healthcare provider; it also plays an active role in the Gilbert community. The facility engages in various outreach programs and initiatives, such as:

- Health Fairs: Participating in local health fairs to raise awareness about physical therapy and overall wellness.
- Workshops: Offering workshops on injury prevention, ergonomics, and healthy living.
- Sponsorship: Supporting local sports teams and community events to promote an active lifestyle.

## **Insurance and Payment Options**

Banner Physical Therapy Gilbert accepts a wide range of insurance plans, making it accessible for many patients. The facility also offers flexible payment options for those without insurance or who prefer to pay out-of-pocket. Patients are encouraged to contact the facility directly for specific insurance inquiries and payment plans.

## Frequently Asked Questions (FAQs)

1. What should I bring to my first appointment?
  - Bring your insurance information, a list of medications, and any relevant medical records.
2. How long will my therapy sessions last?
  - Sessions typically last between 45 minutes to an hour, depending on the treatment plan.
3. How many visits will I need?
  - The number of visits varies based on individual needs and treatment goals, which will be discussed during your initial assessment.
4. Can I refer myself to physical therapy?
  - Yes, patients can often self-refer to physical therapy, but it is advisable to check with your insurance provider.

## Conclusion

Banner Physical Therapy Gilbert Banner Gateway Drive stands out as a premier choice for individuals seeking comprehensive and compassionate physical therapy services in Gilbert, Arizona. With a commitment to personalized care, a skilled team of professionals, and a wide range of rehabilitation programs, patients can find the support they need to recover, regain strength, and improve their overall health. Whether you are dealing with an injury, managing a chronic condition, or seeking to enhance your athletic performance, Banner Physical Therapy Gilbert is equipped to help you achieve your goals and enhance your quality of life.

## Frequently Asked Questions

### What services does Banner Physical Therapy Gilbert offer?

Banner Physical Therapy Gilbert offers a range of services including orthopedic rehabilitation, sports therapy, post-surgical rehabilitation, and specialized treatments for conditions such as back pain and arthritis.

### What are the operating hours for Banner Physical Therapy Gilbert on Gateway Drive?

The operating hours for Banner Physical Therapy Gilbert are typically Monday to Friday from 7 AM to 7 PM, but it's advisable to check directly for any

holiday hours or changes.

## **How can I schedule an appointment at Banner Physical Therapy Gilbert?**

You can schedule an appointment by calling their office directly or by visiting their website where online booking options may be available.

## **Are the therapists at Banner Physical Therapy Gilbert certified?**

Yes, all physical therapists at Banner Physical Therapy Gilbert are licensed and have specialized training in various therapy techniques and rehabilitation practices.

## **Does Banner Physical Therapy Gilbert accept insurance?**

Yes, Banner Physical Therapy Gilbert accepts a variety of insurance plans. It's recommended to contact them or your insurance provider to confirm coverage details.

## **What should I bring to my first appointment at Banner Physical Therapy Gilbert?**

For your first appointment, bring your insurance information, any relevant medical records, and a list of medications you are currently taking.

## **Is there parking available at Banner Physical Therapy Gilbert?**

Yes, there is ample parking available at Banner Physical Therapy Gilbert for patients, making it convenient to access the facility.

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