

# Services

## Services

Services offered by Superior Rehabilitation, providing physical therapy and rehabilitation services in Metairie, Louisiana, include but are not limited to the following services:

### **Manual Therapy**

Manual therapy, which involves kneading and manipulating muscles as well as joint mobilization or joint manipulation, is especially effective in treating musculoskeletal pain.

It works to reduce soft tissue inflammation and pain and improves mobility in areas where it was restricted.

### **Kinesiotaping**

The body's natural healing process is enhanced with the support and stability of kinesiotaping.

It is especially effective because it does not restrict the body's normal range of motion and its natural soft tissue manipulation enhances the benefits of physical therapy.

Our kinesiotaping product can be worn for several days without harmful effects working to alleviate pain and encourage proper movement patterns.

### **Graston Technique**

Graston Technique is a science-based form of instrument-assisted soft tissue mobilization that enables clinicians to detect and effectively break down scar tissue and fascial restrictions, as well as improve and maintain optimal range of motion.

### **Trigger Point Dry Needling**

We are specially trained to perform Trigger Point Dry Needling, a specialized therapy that uses thin, non-medicated needles that are inserted into muscle or connective tissues.

Designed to reduce pain and improve movements this is a powerful therapy for the treatment of soft tissue dysfunction.

This special procedure is effective in reducing acute or chronic pain in patients by reducing muscle tension, promoting healing and increasing your range of motion.

The needles are directed at the myofascial trigger points, aka knots, that cause and refer pain throughout the body. High concentrations of chemicals that cause pain can be found in these trigger points. When the needle is inserted, it helps to normalize the chemical levels and decrease muscle tension and pain.

For more information visit our [Frequently Asked Questions Page](#)

### **Custom Foot Orthotics**

We provide custom-design Vasyli foot orthotics. These scientifically designed devices allow our patients to control their foot function in all three cardinal planes, the frontal, transverse and sagittal.

We know that our patients adapt easily to mild functional control while maintaining the correct biomechanical position.

These orthotics are designed onsite while you wait.

### **Functional Capacity Evaluations**

Our Functional Capacity Evaluations, which normally take four to five hours to perform, offer a complete evaluation of your capacity to safely perform the functional activities required for work.

Our physical therapists are specially trained and certified in performing the ErgoScience Function Capacity Evaluation.

These evaluations help answer the questions about when an injured worker can return to his or her jobs and if they can return for a full-day's work at the start, or go back in a limited capacity.

### **Wellness Programs**

The Wellness Programs at Superior Rehabilitation are customized to each client's needs. You will be evaluated and receive personal attention throughout each session. To achieve and maintain wellness, you can attend two to three times a week.

### **Pre and Post Joint Replacement Surgery**

The painful effects of joint replacement surgery are reduced and recovery enhanced when you receive physical therapy. We are experienced in ensuring your recovery and work closely with your surgeon and physician as a team to enhance your recovery process.

Our goal is to restore your full mobility as quickly as possible without sustaining setbacks or creating recurring problems.

### **Workplace Injuries**

We will partner with your Worker's Compensation representative and help you to effectively treat workplace injuries.