

# Physical Therapy

## Locations & Hours:

**Mon–Fri: 8:00 AM–5:00 PM**

**POLSON HEALTH CENTER  
PHYSICAL THERAPY CLINIC**

#5 Fourth Avenue East  
Polson, MT 59860  
(406) 883-5541

**Tue, Thur:**

**8:30 AM–12:00 PM / 1:00–4:00 PM**

**ST. IGNATIUS HEALTH CENTER  
PHYSICAL THERAPY CLINIC**

35401 Mission Drive  
St. Ignatius, MT 59865  
(406) 745-3525

**Mon, Wed, Fri:**

**8:00 AM–12:00 PM / 1:00–5:00 PM**

## Services Provided:

**P**hysical therapy focuses on movement, mobility, and function using exercise, modalities such as electrical stimulation, gait training, and other interventions.

Physical therapy treats issues such as neurological disorders, post-operative care, balance and vestibular disorders, cardiopulmonary disorders, and acute and chronic pain.

Services include the following:

- General orthopedic rehabilitation
- Chronic pain therapy
- Post-operative care and rehabilitation
- Balance and vestibular rehabilitation
- Neurological rehabilitation
- Ergonomic and body mechanics assessment
- Sports medicine and rehabilitation
- Physical therapy evaluations and subsequent reevaluations
- Therapeutic exercise
- Neuromuscular reeducation for balance training and sensory retraining
- Manual therapy using joint mobilization and manipulation

- Functional therapeutic activities such as transfers and bed mobility

- Gait training using stairs and assistive devices

- Canalith repositioning procedure using Epley maneuver and other maneuvers to relieve vertigo

- Electric stimulation to reduce spasms and to strengthen or directly stimulate muscles when there is a nerve injury

- Therapeutic ultrasound for anti-inflammatory effects

- Wound care is provided in an outpatient setting in the St. Ignatius Health Center Physical Therapy Clinic by a physical therapist with a physician's order.