



MOVEMENT LOGIC
orthopaedic manual & sports physical therapy P.A.

Move · Repair · Regain · Renew

The essence and mission of **Movement Logic orthopaedic manual & sports physical therapy P.A.** is the coupled interaction of the patient or client and physical therapist. This partnership involves the process of the therapist helping you to identify the limitations that you are experiencing related to injury, illness or other conditions in order to develop a treatment plan. The treatment plan is designed to maximize quality of life by promoting and restoring movement, stability, balance and strength while remediating the impairments that prevent this from occurring. In the case of the client seeking out injury prevention and performance enhancement, this may mean identifying variables that are directly related to potential injury with the subsequent development of an injury prevention program. This teamwork may also involve developing or learning a different way to manage a condition, problem or limitation if full resolution is not an anticipated outcome. The patient or client will be educated in and given the most effective way to **Move · Repair · Regain · Renew.**

Treatment or program development is driven by an examination process which includes dialogue between you and your therapist about your injury, condition, symptoms or performance issues. This will be followed by a practical examination which may also include a functional fitness screening exam used to identify variables amenable to hands on care or the development of specific injury prevention and performance enhancement activities. With this information, and the recognition of your personal expectations, the patient or client and therapist will arrive at a list of feasible goals and direct a timeline of care or program development activities to put you in motion.

Your therapist will integrate the best evidence from scientific resources to guide decisions related to your care. **Movement Logic orthopaedic manual & sports physical therapy P.A.** will use a multimodal and eclectic approach to reach a set of mutual goals based on sound principles of orthopaedic, manual and sports physical therapy.

Justine DeLuccio. PT. MS. OCS. FAAOMPT is a Board Certified Orthopedic Clinical Specialist in physical therapy and a Fellow of the American Academy of Orthopedic Manual Physical Therapists. Justine graduated from The Pennsylvania State University in 1984 with an Associated Degree in Physical Therapy, and in 1992 from Long Island University with a Master of Science in Physical Therapy. In 1992 she received the prestigious Mary McMillan Scholarship, a national award given by the American Physical Therapy Association.

Location:

Diamond Silver Office Complex

24 Arnett Ave.

Suite 113

Lambertville, NJ 08530

Phone: 609.423.9201

Certifications/Professional Designations

Fellow of the American Academy of Orthopedic Manual Physical Therapists – FAAOMPT

International recognition of competence and expertise in the practice of orthopaedic manual physical therapy by a physical therapist licensed in the USA. To achieve the Fellow credential, a physical therapist must complete a credentialed fellowship program in orthopaedic manual physical therapy. The Fellow is a physical therapist who has demonstrated advanced clinical, analytical, and hands-on skills in the treatment of musculoskeletal (orthopaedic) disorders. Fellows serve their patients and the public by demonstrating excellence in clinical practice, education, and research. AAOMPT.org

Board Certified Clinical Specialist in Orthopaedic Physical Therapy – OCS

American Physical Therapy Association (APTA) designation indicating advanced clinical proficiency in the specialty area of orthopaedic manual physical therapy. APTA.org

Graston Technique® Instructor and Certified Graston Technique Provider

Instrument-assisted soft tissue mobilization that enables the clinician to effectively detect and treat muscle fibrosis, scar tissue and restrictions that affect normal function and cause pain. Grastontechnique.com

Certified Kinesio Taping® Practitioner— CKTP

Orthopaedic manual & sports physical therapy

(if you do not see your diagnosis or problem listed please call to ask if it can be treated):

- overuse/repetitive strain injuries
- sports injuries
- sprains
- tears of muscle, ligaments or tendons
- back and neck conditions
- post fracture
- post surgical conditions
- shoulder, elbow, wrist, hip, knee, foot and ankle conditions
(e.g. ACL or meniscal tears, patello femoral joint conditions, plantar fasciitis, Achilles problems, tennis/golfers elbow, carpal tunnel syndrome, adhesive capsulitis, rotator cuff conditions, or any musculoskeletal condition amenable to orthopaedic manual physical therapy)
- arthritis
- chronic pain of musculoskeletal origin
- general loss of function or history of frequent falls



Other Services

- **S.P.I.P** Sports Performance & Injury Prevention
 - Functional Movement Screen™
 - Sport specific conditioning
- performing art performance enhancement & injury prevention
- consulting
- lecturing and injury prevention and conditioning workshops