

Robin R. Varghese, PT, a Physical Therapist with Valley Healing Hands, LLC

Get to know Physical Therapist Dr. Robin R. Varghese, who serves patients in Brownsville, Texas.



New York City, New York Dec 20, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Varghese is an accomplished physical therapist treating patients of all ages at Valley Healing Hands, LLC in Texas.

Graduating from the esteemed MGR University in Chennai, India in 1999, Dr. Varghese has been dedicated to patient care ever since. Driven by the goal of enabling his patients to lead fulfilling lives, he prioritizes enhancing their mobility and comfort irrespective of their condition.

Treating a range of conditions from developmental disorders to paralysis, Dr. Varghese has treated infants who were just 1 day old that suffered injuries from birth, to patients over 100 recovering from strokes and falls. His core vision is to keep learning from patients and from the cutting edge research in the field to help better serve his community.

Renowned for his “functional approach” treatment strategies, particularly beneficial for stroke recovery, Dr. Varghese focuses on achieving outcomes rather than merely administering treatments. This

approach has proven successful in expediting recovery and rehabilitation for various conditions over a shorter period of time.

His commitment to a functional approach extends to his work with Parkinson's patients, where he has earned appreciation for helping individuals regain functionality, improve balance, and lead more fulfilling lives. Patients emphasize the significant impact of his approach compared to other strategies they have encountered, allowing them to be more active and adding to their quality of life.

For elderly patients, Dr. Varghese offers diverse services to enhance their quality of life, addressing issues stemming from strokes, falls, or physical weakness. His Fall Prevention and Balance Restoration program is tailored to the challenges of aging, incorporating safe and effective exercises.

In surgical and joint replacement cases, Dr. Varghese employs unique techniques such as "Gravitational Mobilization" for full recovery of joint motion with minimal pain. His strategies for cervical and lumbar fusion patients prioritize achieving a complete range of motion recovery with minimal scar tissue tightness and muscle spasms.

For those experiencing pain, Dr. Varghese employs a comprehensive strategy combining manual therapy techniques from various experts with his own methods, emphasizing the potential of cutting-edge physical therapy to alleviate or eliminate pain over time.

Patients express unwavering loyalty to Dr. Varghese, citing his personalized approach, dedication, and the effectiveness of his treatments. His popularity, recognized when voted as Brownsville's favorite therapist in 2015, stems from his commitment to understanding each patient's unique needs and ensuring continual improvement with every session.

Driven by a goal-oriented approach, Dr. Varghese and his team prioritize patient well-being, both in-office and during home-care appointments. Their commitment to staying at the forefront of physical therapy techniques, including Microcurrent stimulation for pain management, reflects their dedication to providing the best care possible.

A visionary that cares about recovery, Dr. Varghese hopes to continue to expand his operation by introducing robotic training for therapy in the valley and other technologies to help his patient community. The Lokomat walking training robot is a great tool to help his patients - young children and elderly - as well who are suffering from stroke, spinal cord injuries, parkinsonism, cerebral Palsy, etc. to walk better. As he often states, "full functional recovery is where art of healing and science of healing break even."

Physical therapy (PT), also known as physiotherapy, is one of the allied health professions that, by using evidence-based kinesiology, electrotherapy, shockwave modality, exercise prescription, joint mobilization and health education, treats conditions such as chronic or acute pain, soft tissue injuries, cartilage damage, arthritis, gait disorders, and physical impairments typically of musculoskeletal, cardiopulmonary, neurological, and endocrinological origins. Physical therapy is used to improve a patient's physical functions through physical examination, diagnosis, prognosis, physical intervention, rehabilitation, and patient education. It is practiced by physical therapists (known as physiotherapists in many countries).

Learn More about Dr. Robin R. Varghese:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2673260-Robin-Varghese-Physical-Therapist> or through his website, <https://www.theprofessionalhealer.com/>

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