



# **EMPOWERING REHABILITATION**

Build Strength, Improve Balance, Live Well!

Find out more about our affordable cash rates, treatment packages, and complimentary 15-minute consultations.

LET'S START TODAY

**BOOK AN APPOINTMENT**

OPEN M-F, HOURS MAY VARY

## OUR SERVICES



### Physical Therapy

Our physical therapists use current evidence-based, individualized hands-on treatment including:

- Soft Tissue Mobilization
- IASTM
- Scar Mobilization
- Myofascial Decompression
- Joint Mobilization



### Sports Rehabilitation

We are equipped with the latest, cutting-edge technology to get you stronger and back on your feet after a demanding workout. Our patients use:

- Pneumatic Compression (Air Relax)
- Percussive Therapy (DMS/Hyperice/Hypervolt)
- Cupping Therapy
- Blood Flow Restriction (BFR)
- Tindeq Progressor Strength Assessment (Dynamometry)
- M-Trigger Biofeedback Training



### Custom Orthotics

Orthotics are a supplementary tool to decrease abnormal stresses during walking and support dysfunctional foot postures to relieve pain.

- Gait Analysis
- Biomechanics custom fit orthotic personalized to accommodate your foot posture and ailments.

#### **We treat musculoskeletal injuries from head to toe:**

acute to chronic issues including accidents · sport and non-sport injuries · degenerative or arthritic conditions · simple to complex sprains and strains · neurological issues · balance dysfunction · tendonitis · fractures · dislocations · preop and postop conditions like ACL reconstructions · joint replacements · rotator cuff surgeries · and more

## CONTACT US

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