



Physical Therapy • Chiropractic Care • Comprehensive Rehab

A. Core Services

- Physical Therapy
- Chiropractic Care
- Comprehensive Rehab Plans
 - Integrated PT and Chiro Approach
- Evidence-Based Treatments

B. Specialty Rehab Programs

- Motor Vehicle Accident Rehabilitation (PIP/No-Fault)
- Workers' Compensation Rehabilitation
- Post-Surgical Rehabilitation
- Sports Injury Rehabilitation

C. Treatment Techniques & Modalities

- Therapeutic Exercises
 - Strengthening Programs
 - Stretching Programs
- Hands-On Therapy
 - Manual Therapy
 - Soft Tissue Techniques
- Massage Therapy
 - Within PT Scope
- Electrical Stimulation (E-Stim)
- Instrument Assisted Soft Tissue Mobilization (IASTM)
- Compression Therapy
 - Lower Extremities
- Percussion Massage
- Contrast Therapy
 - Knee & Shoulder
- Cupping Therapy

D. Conditions We Treat

- Neck & Back Pain
- Sciatica & Pinched Nerves
- Whiplash
- Car Accident Injuries
- Shoulder, Elbow, Hip, Knee, Foot & Ankle, Hand & Wrist Pain
- Arthritis & Joint Stiffness
- Tendonitis & Bursitis
- Plantar Fasciitis
- Balance & Gait Issues

E. Recovery Zone

- Electrical Stimulation (E-Stim)
- Compression Therapy
- Percussion Massage
- Contrast Therapy
 - Knee & Shoulder
- Active Recovery Tools