

TRY PHYSICAL THERAPY FIRST

WHY PHYSICAL THERAPY SHOULD BE YOUR FIRST CHOICE

MOST COMMON CONDITIONS HELPED BY PHYSICAL THERAPY

- Painful conditions of the back and neck, such as stenosis or herniated discs
- Shoulder conditions such as rotator cuff injuries or impingement syndrome
- Knee injuries such as muscle or meniscus tears
- Sprains, strains, tendonitis, arthritis, and bursitis

WHY PHYSICAL THERAPY FIRST?

- The sooner the better instead of “going on hoping” when you are suffering with pain for weeks before seeking help
- If you have tried every over-the-counter medication, hot/cold pack, analgesic rub, and rest/limiting motion hasn't helped, physical therapy is very often a successful first step in restoring health and function

WHAT IS PHYSICAL THERAPY?

- Art and science of assessing and restoring motion
- Therapists address and handle underlying cause of patient's musculoskeletal problem
- Experts in retraining body to make the most of its capabilities

DO YOU NEED PHYSICIAN'S REFERRAL?

- In New York, a patient can be evaluated without referral for almost every insurance company.
- Call us; we can do a non-charge consultation and help you write a note to your doctor if needed
- Physical therapy is covered by most insurance plans.
- If your doctor is concerned enough, you probably need PT.

CAUSES COMMON MUSCULOSKELETAL PROBLEMS



Result of recent/old injuries, disease, bad habits and repetitive stress



Can lead to issues of muscle imbalances, hypermobility/instability, hypomobility, and postural deviations

WARNING SIGNS

- RECURRING PAIN, STIFFNESS/ SWELLING IN THE JOINT, BACK OR NECK PAIN THAT LIMITS YOUR ACTIVITIES
- ANY NUMBNESS/TINGLING
- OTHER SIGNS: NOT BEING ABLE TO STAND/SIT FOR AS LONG AS YOU LIKE DUE TO WEAKNESS, LOSS OF MOTION
- EXPERIENCE DECREASED BALANCE/FALLS

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TRY PHYSICAL THERAPY FIRST



APPOINTMENTS AVAILABLE WITHIN 24 HOURS

Weekdays 7am-8pm
Saturday 8am-12pm
Most insurances accepted



COMPREHENSIVE TREATMENT FOR:

- ARTHRITIS
- POST SURGICAL
- CHRONIC PAIN
- BACK & NECK PAIN
- ORTHOPEDIC & SPORTS INJURIES
- WORK INJURIES
- HANDS-OCCUPATIONAL THERAPY
- NEUROLOGICAL CONDITIONS
- BALANCE TRAINING/FALL PREVENTION
- PEDIATRICS
- VESTIBULAR REHAB
- TMJ
- INDUSTRIAL REHAB SERVICES:
 - FUNCTIONAL CAPACITY EVALUATIONS
 - WORK CONDITIONING



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