

What is Physical Therapy?

Physical therapy is a comprehensive treatment provided by a **Physical Therapist (PT)** focused on restoring your body's potential. We help people:

- **Improve movement** and physical function.
- **Manage pain** and other chronic conditions.
- **Recover from and prevent injury** and chronic disease, getting you back to the activities you love.

Conditions We Treat

We treat a wide variety of musculoskeletal and neurological conditions, helping patients achieve their specific recovery goals. Common conditions include:

- **Post-Surgical and Traumatic Injuries:** Rotator cuff repairs, joint replacements, spinal fusions, ACL repairs, motor vehicle accident injuries and bone fracture repairs.
- **Chronic Pain and Joint Issues:** Back/neck pain, fibromyalgia, arthritis, joint sprains and headaches.
- **Vestibular Problems:** Vertigo, gaze instability and balance deficits.

If you don't see your specific condition listed, please contact us—chances are we treat it!

What to Expect During your Treatment

We believe in one on one personalized care, starting with a thorough understanding of your unique needs.

1. **Comprehensive Evaluation:** Your visit begins with a detailed evaluation by one of our PTs to find the **root cause** of your problem, not just treat the symptoms.

2. **Custom Rehab Program:** Based on the evaluation, we design a custom rehabilitation program specifically tailored to meet your individual goals.
3. **Integrated Rehabilitation:** Your program uses a combination of powerful, evidence-based techniques:
 - **Manual Therapy:** Hands-on joint and soft tissue techniques provided in a private treatment room.
 - **Therapeutic Exercise:** Targeted strengthening and flexibility routines including home exercise programs.
 - **Neuromuscular Re-education:** Training to improve balance and coordination.
 - **Modalities:** Tools like cold/vasopneumatic compression, ultrasound, electrical stimulation, and heat to aid healing and manage pain/swelling.
 - **Education:** Crucial information to help prevent the problem from reoccurring.

Many insurance plans are accepted, please contact us at (406)-677-7722 to see if we accept your plan.

Self-Pay Pricing:

30 min. one on one with PT: \$75

60 min. one on one with PT: \$150