



## **PAIN RELIEF:**

*Reduction of all symptoms such as pain, inflammation and impaired motion.*



## **REHABILITATION:**

Restoration of a healthy neck, back, upper and lower extremity functions.



## **PERFORMANCE & PREVENTION:**

After recovery, and achieving your maximum potential, it is our philosophy that our patients continue their path to well being. This is the key to avoiding re-injury.

## **DOCTOR'S & CASE MANAGER'S REFER TO US FOR:**

- Sprains & Strains**
- Back & Neck pain**
- Chronic Back Pain**
- Auto & Worker's Comp Injuries**
- Arthritis & Joint Pain**
- Myofascial Trigger Points**
- Acute & Chronic Tendonitis**
- Sports Injuries and Rehabilitation**
- Fibromyalgia**
- Joint Replacement Rehab**
- Post Surgical Rehab**
- Soft Tissue Mobilization**
- Skilled Joint Mobilization**
- Neuromuscular Re-education**
- Spinal Dysfunction**
- Headaches and TMJ**
- Adhesive Capsulitis**
- Rotator Cuff Tendonitis/Bursitis**
- Plantar Fasciitis**
- Spinal Dysfunction**
- Leg Pain/Sciatica**
- Carpal Tunnel Syndrome**
- Difficulty Walking/Balance**

Every journey begins with a first step. Your path to recovery at **A T.E.A.M.**

**Approach Physical Therapy Center** is a process that is the result of four phases of care designed to bring you to your destination (well-being) as quickly and effectively as possible **These phases are:**

1. Relief
2. Rehabilitation
3. Performance
4. Prevention

### **A Comprehensive Evaluation**

During a thorough examination, our licensed professional staff will evaluate your overall physical condition including musculoskeletal, cognitive and neurological screenings to determine the scope of your problem. We will also discuss with you your complete medical history, lifestyle, job requirements and work conditions to assess how your life affects your pain, and, how your pain affects your life.

### **A Custom Treatment Plan**

A customized treatment program is formulated which takes into account all of the relevant elements from the comprehensive evaluation. Our licensed professional staff will develop a treatment plan that is a combination of manual mobilization, physical therapy modalities, permanent lifestyle changes, diet, and fitness. The goal of this phase of care is to facilitate the body's natural abilities to heal and stabilize itself.

### **Personalized Treatment Program**

When the body suffers from injury or prolonged pain, it needs to be restored to its previous level of flexibility, strength and endurance. Modalities alone are usually not sufficient to achieve this goal. Our licensed professional staff realizes the importance of "hands on" manual therapy with physical rehab and incorporates it into your treatment program.

At **A T.E.A.M. Approach Physical Therapy Center**, we are fully equipped to rehabilitate your body to its original levels. We have state of the art therapeutic treatment modalities as well as the necessary rehab equipment on the premises which are combined with manual mobilization to develop a well rounded treatment plan and exercise program. Our licensed professional staff will work "hands on" with you during this phase to provide support and guidance which, in turn, maximizes the effects of therapy.

Our licensed professional staff will also include an at-home exercise program (walking, stretching, etc.) which will keep you active and on the forward path to recovery.

***"Professional care of the highest level. Great listening and understanding of complaint and symptoms. Best physical therapy ever received."***  
**- Mark**

The value of this phase is to:

1. Maximize gains
2. Support ongoing healing
3. Prevent future health problems

In this final phase, our licensed professional staff will teach you the techniques that will minimize the chance of re-injury and help you to maintain your well-being. These techniques focus on proper body mechanics, posture, as well as improved work methods.

### **CHOOSING THE RIGHT REHAB FACILITY IS CRUCIAL FOR YOUR RECOVERY**

Why A T.E.A.M. Approach Physical Therapy Center?

**A T.E.A.M. Approach Physical Therapy Center** utilizes a combination of manual mobilization techniques in conjunction with physical therapy modalities and exercise to treat and rehabilitate the individual. Emphasis is placed upon restoration followed by prevention of re-injury and subsequent pain. We will work closely with you providing "hands on" care, incorporating the changes required in your lifestyle in order to avoid future problems.

#### **Our Affiations:**



*Private Treatment Rooms*

*Most Insurances Accepted*