

Treatments

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Manual Therapy

Specific hands-on techniques to diagnose and treat various soft tissues and joint structures. [Read more...](#)

MDT

Mechanical Diagnosis and Therapy. To successfully treat, one must first effectively evaluate. In fact, research has shown that the initial McKenzie assessment procedures performed by competent MDT clinicians are as reliable as costly diagnostic imaging (i.e., X-rays, MRIs) to determine the source of the problem and quickly identify those who will or will not respond to the treatment principles of MDT using the Centralization phenomenon as a guide. [Read more...](#)

Neurodynamics

Research indicates that the nervous system is in an altered heightened state during periods of chronic pain. Our physical therapists have been trained to utilize this research to both educate and provide patients with the ability to perform specific motions that aid in nerve regeneration and reduction of sensitivity. [Read more...](#)

MedX

The MedX Core Spinal Fitness System is a highly specialized workout system that delivers the four factors essential to spinal health: strength, stability, flexibility and endurance. In addition, this equipment allows are clinicians to evaluate your ROM and strength, then compare it to people with similar age, gender and body type whom have never experienced back or neck pain. The system then gives you a nice graph to indicating the comparison and charts your progress as you improve with in normal ranges. **[Read more...](#)**

Graston

Graston Technique is a highly trained skill that utilizes specific tools to mobilize soft tissue. This technique optimizes healing times, reduces tension and restores function. **[Read more...](#)**

Kinesiotape

A definitive rehabilitative taping technique that is designed to facilitate the body's natural healing process while providing support and stability to muscles and joints without restricting the body's range of motion. **[Read more...](#)**

Vasoneumatic cryotherapy

Simultaneously delivers active pneumatic compression and adjustable cold therapies to reduce swelling, minimize pain, and speed and enhance your body's natural healing abilities. **[Read more...](#)**

Strength and Conditioning Specialists

Our therapists become certified from the National Strength and Conditioning Association (NSCA) in Strength training and conditioning. This allows us to provide the safest, most effective exercises that produce the optimal desired outcomes. **[Read more...](#)**

Board Certified Orthopedic Specialists

The OCS certification is a prestigious certification used to recognize those who excel in their respective fields. This is only accomplished after years of experience and a grueling test to identify those experts. Research has indicated that therapists with certification are able to achieve improved outcomes with in less time than therapists without certification. **[Read more...](#)**

Industrial Rehabilitation

Our therapists have been certified in the DSI Work Solutions program. Services include: Pre-employment screening, Functional Capacity Evaluations, industrial rehabilitation, work hardening, job cite evaluations and assistance with job description development. **Read more...**

10 minute consultations

Ever wonder what is wrong and you don't know what to do or even where to start? Start by calling our office and schedule a 10 minute "no charge" consultation! In this you get 10 minutes of undivided attention for one of our trained therapists to discuss your symptoms and give you some quality education on what may be going on and direct you to the proper treatment for your ailment. That might include getting started with physical therapy or referring you to the proper physician that specializes in your specific needs. **Read more...**