

## Treatment Options

Pains and Strains

## Pains and Strains



# Don't Live with Pain Any Longer

Constant pain or a sudden sprain or tear can make otherwise normal activities difficult and can turn into serious issues even require surgery later on. Don't let a sprain, strain or injury develop into chronic pain. You don't need a doctor's referral to see a physical therapist so make sure CPR is one of your first calls if you or a family member twists an ankle, develops shin splints or starts to experience neck or back pain. We offer a free 15 minute consultation if you need more information about insurance coverage or if you think you may need to seek other medical care.



## Physical Therapy The Right Way

We know how frustrating it can be to be in pain and not know how to fix it. For the past 30 years, we've led the way in Southern Idaho with physical therapists who span different generations and bring immense value and specialties to our practice. There's no cookie cutter routines here –each therapist develops a custom plan for their patients and works closely with them throughout their sessions to ensure they get the instruction and knowledge they need to succeed.

## It's Easy To Work With Us

### Schedule an Appointment

Plan for an hour-long evaluation. A therapist will work with you one on one to find out the cause of your pain and give you a plan.

## **Follow a Custom Plan**

We use the most up-to-date treatment options with our patients. Our therapists will work closely with you to help you back to functioning normally.

## **Get Your Life Back**

You don't have to live with constant back or neck pain or suffer from a sprain. With our hands-on techniques, you'll feel better within a few visits.

## **Our Promise to You**

### **Dedicated**

Our staff truly cares about helping you get better faster. We want you to leave our office armed with the knowledge of how to do exercises properly. Many other programs will ask you to do exercises but won't follow up on your form or adjust them if you get stronger which can aggravate your injury further, you won't find that here.

### **Quality**

Our therapists bring a wealth of knowledge and a mix of generations to our practice which gives us the ability to meet you wherever you are in your journey. Our specialized staff is trained and licensed and we promise you'll have a quality experience every time.

### **Progressive**

We are continuously training and learning more so we can help our clients. From getting your golf swing back to carrying your groceries inside without assistance, we are dedicated to providing you with the most cutting edge equipment, training, and treatments to heal your body.