

Treatment Options

Pre and Post Surgery

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Cut Your Recovery Time

Surgery can be an overwhelming and scary process but engaging in physical therapy before your surgery will give you the best possible outcome and starting or continuing therapy after a surgery will give you a roadmap to follow so you can recover better faster and gain your confidence back.

Prepare for Surgery the Right Way

Oftentimes, people don't realize how much strain a surgery will have on the rest of their body or how much strength they'll need to operate crutches or perform daily tasks. A therapist can help you identify your upcoming challenges and prepare your body and mind for a quick recovery.

It's natural to believe you shouldn't have to prepare for a surgery when you know there will be a long road to recovery, but a therapist can help you identify and focus on the areas of your life and body that need to be able to support your recovery. Many of our patients have shortened their recovery time or even delayed surgery by working with us.

Get Back to Doing What You Love

After a surgery, many people feel anxious to experience more pain or are overwhelmed by the protocols and aren't sure how they can perform their normal tasks for fear of reinjuring themselves.

We give you a roadmap to follow and help you gain your confidence again. You deserve to get back to your favorite activities and enjoy them even more than you did before your surgery without a long, painful recovery.



Therapy Shouldn't Be Overwhelming

Schedule an Appointment

We'll develop a custom plan for you based on your surgery needs and the impact it will have on the rest of your body.

Follow a Custom Plan

We use the most up-to-date treatment options with our patients. Our therapists will work closely with you to follow protocol and help you gain strength before or after your surgery.

Get Your Life Back

We're with you every step of the way so you can manage your pain and experience better function in your day-to-day so you can get back to what you love.

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.