

Services

Our Services

Free Injury and Pain Screenings

We offer free injury or pain screenings for when you are wondering what can be done about your injury or pain. You receive some practical solutions and discover if physical therapy can help.

Orthopaedic Physical Therapy

Expert care in orthopaedic physical therapy. We treat pain in your neck, shoulders, elbows, wrists, hands, lower back, hips, knees, or ankles.

Post-Surgical Care

Orthopaedic post-surgical physical therapy care. We work in conjunction with your orthopaedic surgeon to help you achieve your desired results.

TMJ Pain

Often, TMJ pain is a result of muscular tension. We work independently or in conjunction with your dentist to help provide relief from TMJ pain. Physical therapy techniques for TMJ give great relief!

Dry Needling

Dry needling is a safe and effective treatment for acute or chronic pain. A sterile fine filament needle inserted into muscular tissue or active trigger points relieves pain and improves function. In conjunction with a complete physical therapy program, dry needling accelerates results.

The most common question is, “Does it hurt?” The answer, “Not usually. And even if it does, not much.” Patients report feeling very little sensation upon insertion of a needle. Upon completion of treatment, pain is reduced, and function is improved.