



## AppliedOrtho Physical Therapy Newsletter

### THE APPLIEDMETHOD FOR CHRONIC PAIN

#### MOVING YOU FORWARD BY PROVIDING PAIN RELIEF AND RESTORING LIVES

The AppliedMethod is a unique and integrative program designed for the treatment of chronic pain. It is a process that looks at postural deviations and their impact on movement patterns. The program then combines advanced manual techniques, state of the art pain relieving modalities and gentle pain free exercises to help bring the body back to its proper alignment and function.

Benefits: Lasting pain relief from:

- » Back pain
- » Neck pain
- » Hip pain
- » Shoulder pain
- » Foot pain
- » Headaches
- » Knee pain

The majority of patients report relief after the first visit. Depending on the chronic nature of the condition, permanent lasting change may take time.

#### HOW THE PROGRAM WORKS:

Phase 1: Eliminate Pain and Correct Faulty Movement Patterns

- » Analyze posture to determine all possible contributing factors to your painful condition.
- » Improve muscle and joint function using state of the art modalities and advanced manual techniques.
- » Correct faulty movement patterns to assist with decreasing stress to affected tissues and joints.

Phase 2: Maintaining Postural Stability

- » Specific pain free exercises to assist with maintaining postural stability.
- » Education on correct performance of many activities of daily living.

Phase 3: Building Endurance

- » Endurance is necessary for building and maintaining stability and control during activities.

This comprehensive program is individually tailored to meet the needs of each client. Treatments are one on one and rendered by the same evaluating therapist.

**DON'T PUT OFF YOUR CARE ANY LONGER!!**

#### Our Services

Neck and Back Strain  
Chronic Back Pain  
Headaches  
Work Injuries  
Shoulder Strains  
Shoulder Tendonitis  
Post-operative Care  
Cold Laser Therapy  
Manual Therapy  
Evidence Based



#### Clinics

AppliedOrtho  
Physical Therapy  
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