

Choose Mountain River Physical Therapy to relieve

ELBOW/WRIST PAIN

Recover your quality of life

www.mountainriverpt.com

Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

Conditions we have successfully treated:

- Tendonitis
- Carpal Tunnel Syndrome
- Tennis/Golfer's Elbow
- Overuse Injuries
- Wrist Fractures/Breaks
- Nerve Injuries/Entrapment
- Arthritis*

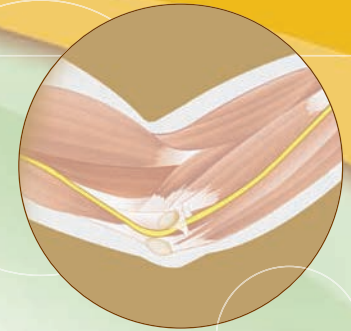
What are my treatment options?

- Drugs
- Corticosteroid Injections
- Surgery
- **Physical Therapy***

Advantages of Physical Therapy:

- No side effects
- Cost-effective
- Supported by clinical research*
- Customized to treat the underlying cause

If you're ready for relief,
and tired of "masking" your pain,
treat the cause, not just the symptoms!



Your Recovery Process:

- Pain relief
- Activity Modification
- Recovery of mobility/stability
- Increased strength
- Improved function
- Independent care

Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- Ergonomic Advice/Activity Modification
- Gentle hands-on techniques to relax the muscles
- Effective joint mobilization techniques to decrease stiffness
- Pain relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- OTC or Custom Splinting/Bracing as needed

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

Make an appointment today.

Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.



"The Spine & Sports Specialists"

*Cited from the academic journal, Journal of Hand Therapy, 2007, 20(3), 244-250

