Choose Mountaineer Physical Therapy to relieve

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.

#### **Common Shoulder Ailments:**

- Impingement\*
- Frozen shoulder
- Rotator cuff tear
- Tendinopathy

Instability

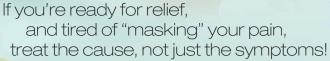
- Arthritis
- Fracture/trauma

# What are my treatment options?

- Drugs
- Surgery
- Physical Therapy\*

### **Advantages of Physical Therapy:**

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



# Recover your quality of life

www.mountainriverpt.com



- Pain relief
- Restoration of normal movement
- Recovery of function
- Independent care

#### **Components of Your Care:**

- A biomechanical evaluation
- Custom treatment plan
- Extensive patient education
- Hands-on techniques to relax the muscles and recover mobility
- Stretching for tight muscles
- Strengthening of weak muscles
- Mobilization of stiff joints
- · Modalities such as ice, heat, ultrasound or electrical stimulation

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.



\* Physical therapy has been proven to be as effective as surgery. Ann Rheum Dis. 2005 May:64(5)















