

ORTHOPAEDIC & SPORTS THERAPY

TLC REHAB

COMMONLY USED TO:

- Sports Injury
- Chronic Spine Injury
- Post-Surgical
- Senior Health
- Industrial
- Acute Injury

DIAGNOSIS FREQUENTLY ADDRESSED

- Adhesive Capsulitis
- Glenohumeral Instability
- OA
- Tendonitis
- Epicondylitis
- ITB
- ACL
- Malleolar Fracture
- Total Hip/Knee Arthroplasty
- Plantar Fasciitis

THERAPEUTIC OUTCOMES:

- **IMPROVED MOBILITY** through mobilization of soft tissue, joint capsules, ligament, tendons and nerves.
- **DECREASED PAIN AND SWELLING*** through various types of modalities, manual therapy, stretching, muscle re-education and body mechanics.
- **INCREASED RANGE OF MOTION** by decreasing the pain, muscle strengthening, joint mobilization, myofascial release and massage.

**Modalities include aquatic therapy, ultrasound, electrical stimulation, iontophoresis, tens, traction and biofeedback.*

AQUATIC THERAPY APPLICATIONS:

The unique properties of water (*buoyancy, hydrostatic pressure, viscosity and fluid dynamics*) provide an excellent rehabilitative environment. The soothing characteristics of water are proven to optimize a pain free atmosphere for joints and muscles, while facilitating alignment and strengthening to take place.

OUR PHILOSOPHY:

We strive to create an environment where our employees bring energy and passion to every interaction with customers and clients. We seek to truly connect with our clients in providing the highest level of customer service available in the healthcare profession through excellence in clinical care.