



## ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation in 24-48 hours.

We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

Conditions we evaluate and treat include, but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries



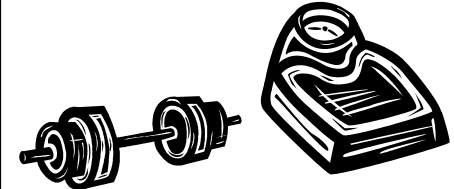
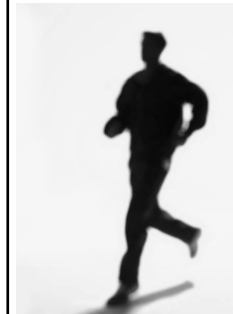
## ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC

*This brochure is compliments of:*

**ADVANCED PHYSICAL THERAPY & HEALTH SERVICES**  
444 N. Northwest Hwy., Suite 202  
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## General Health & Fitness Tips



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## General Health & Fitness Tips

### General Tips:

- Before beginning any new exercise programs, be sure to consult your physician. A medical examination is especially recommended for anyone who has been sedentary for a while, is overweight, or is at risk for heart disease or other chronic illnesses.
- A good, comprehensive exercise program includes strengthening, stretching, balance, and cardiovascular elements.
- Begin with low-moderate activities

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