

# Looking for Relief? Try Optimal Performance Physical Therapy in Scarborough...

Have you been trying the same treatment techniques for your medical condition and found they haven't been working? Have you treated your symptoms in the past and felt short-term relief but noticed the medical problem continued? Have you wondered if physical therapy might be of a benefit to you and wanted to know more? I sat down with Karen Bailey owner of Optimal Performance Physical Therapy (OPPT), and talked about the inspiring work that she and her staff at OPPT are doing that's out of the traditional role of what you may think physical therapy entails.

Located at 5 Millbrook Road in Scarborough, Karen and other therapists at Optimal Performance, Michaela Reynolds PT IMT and Celeste Sartor MSPT, offer treatment for orthopedic and sports injuries, pre- and post- surgical rehab, help with work-related injuries, back, neck and fibromyalgia pain, Parkinson's disease, headache and dizziness, along with stroke and head injury rehab for balance, strength and gait training.

Karen and her team of therapists at OPPT say physical therapy can benefit many populations and ages, whether their goal is to decrease pain and stiffness, increase strength and mobility, return to recreational or competitive athletics, feel steadier on your feet or simply, but importantly, improve your ability to perform daily and work activities.

Clients are encouraged to be proactive about treatment, before a condition gets chronic and requires more expense and extensive care. "When a person injures themselves, or is experiencing pain in a particular part of their body," Karen says "it's common for that person to avoid certain activities, or even avoid using one of their limbs. And it's so much worse down the road monetarily and physically if you ignore a problem, the last thing we want is for clients to lose any quality of life." Karen also reminds potential clients that when their primary care physician recommends physical therapy, they do have a choice as to where they choose to obtain treatment.

Treatment at Optimal Performance is holistically based, which means therapists look at the entire body in three dimensions and evaluate posture and movement patterns which contribute to dysfunction. You are given 60 minutes of one-one-one attention. You can be

confident that while you're there, your therapist's full focus is on you and your individual healing process. OPPT therapists use a holistic approach which blends traditional and complementary physical therapy techniques. Clients' treatment programs are customized and the approach is results-oriented and interactive. The client and therapist together constantly monitor and reassess progress through indicators such as improved function, enhanced range of motion, reduction of pain, increased cognition, etc.

One particular client was quick to offer his thanks to the education and teaching tools Karen offered to him during physical therapy. After finishing his treatment for bursitis, he thought he might have to return to our wellness program, separate from physical therapy, because of issues with dermatitis. Karen educated him on some possible alternative treatments for his dermatitis that he could investigate on his own. He discovered that by independently following the alternative treatments that had been suggested,

his dermatitis was completely clear within a month after seeing Karen. He also added that the bursitis had completely resolved following therapy.

"It is difficult to describe how much of an improvement there has been," he said. "I not only feel better than I have in four years, I actually never thought I would feel this well again. I had seen five doctors over a four-year period with only marginal results. This was truly a life-changing event," he said.

The skilled staff at Optimal Performance love to share information about health and healing with their clients; they are offering community education workshops on Wednesdays from 6:30 to 8:00 pm. To get more information about these upcoming workshops, please check out their website at <http://www.oppt.com>, our page on facebook, (Optimal Performance Physical Therapy) or call our office at 510-6500.

Making your experience the easiest possible, OPPT is a network provider for most major insurance companies, including Medicare. To learn more about that and find out how Optimal Performance can change your life, call 510-6500 or visit them online at <http://www.oppt.com>.

