

YOUR HEALTH ~ YOUR CHOICE!

**If you need Physical Therapy, and want
60 minutes of 1 on 1 quality care with
the same therapist the whole time,
every time ~ CHOOSE**

OPTIMAL PERFORMANCE PHYSICAL THERAPY

Customized Physical Therapy Programs to Treat:

- * Orthopaedic & Sports Injuries
- * Back, Neck and Joint Pain
- * Work Related Injuries
- * Post Surgical Rehab
- * Women's & Men's Health Issues
- * Headaches & Post Concussion
- * Neurological Disorders

You Can Expect:

- * New Evals seen within 24-48hrs
- * Access to Holistic & Traditional Treatment Methods
- * A Comfortable, Positive, Inviting Environment
- * Private Treatment Rooms
- * Convenient Hours & Location



Optimal Performance Physical Therapy

If you've tried Physical Therapy before but still find yourself

- ❖ Not able to do things you'd like to be able to do the way you'd like to do them
- ❖ Avoiding certain tasks because you know you will pay for it later
- ❖ Limiting or modifying how long and what activities you engage in because of pain and soreness or doing them anyways and then just dealing with the pain...

Then you are the ideal client for Optimal Performance Physical Therapy.

Our Goal is to help you ACHIEVE your OPTIMAL PERFORMANCE!!

We specialize in doing a thorough evaluation of your current condition along with your past injury history to determine the contributing factors and causes of your pain and functional limitations. We treat causes not just symptoms to get you better. Optimal Performance PT is unique because we combine traditional physical therapy programs with holistic techniques that allow us to customize each program to our client.

We use exercise programs and movement re-education to increase functional performance along with advanced manual therapy techniques to address structural dysfunction and pain caused by injury or stress. We also address the effects and importance of nutrition with regard to health, inflammation, and recovery.

Our 60 minute, one-on-one treatment sessions provide focused attention on the individual; improve therapeutic

outcomes, and client satisfaction; while we treat, we educate our clients so they learn skills they can use at home to help heal their bodies.

Our approach is results oriented and interactive. Together, a treatment plan is created that integrates functional rehabilitation, movement retraining, manual therapies, and nutritional education. Client and practitioner constantly monitor and re-assess progress through indicators such as improved function, enhanced ranges of motion, increased strength, endurance, pain reduction, and the ability to return to prior activity level.

Our staff are licensed physical therapists with over 70 years combined experience and diverse training backgrounds, who provide post-surgical rehabilitation, as well as therapy for acute and chronic back, neck and joint pain, orthopedic, sports, neurological, work related injuries and men's & women's health issues.

**5 Millbrook Road, Scarborough
207-510-6500**

For more information visit our website: www.oppt.com