

# It doesn't have to Hurt to Heal ...at

## OPTIMAL PERFORMANCE

PHYSICAL THERAPY, LLC

### *You Can Expect:*

- Quality Treatment
- An Inviting Environment
- Licensed Professionals
- Access to a Variety of Treatment Methods

### *Individual Physical Therapy Programs:*

- Orthopedic & Sports Injuries
- Manual Therapy
- Pre and Post Surgical Rehab
- Work Related Injuries
- Back & Neck Pain

## Get Back to Living! Contact Us

CONVENIENT HOURS & LOCATION

308 U.S. ROUTE 1, SUITE E1, SCARBOROUGH

**207-510-6500**

OWNER: Karen Bailey PT, ATC/L. CHS

# Optimal Performance for integrated holistic physical therapy

They combine holistic styles and techniques with traditional rehab programs to maximize recovery!

At Optimal Performance Physical Therapy (OPPT) we believe that physical therapy begins and ends with the patient. Each individual patient is unique. Each has his or her own concerns and goals. The goals may vary from returning to competitive sports, getting back to work, being able to garden, do projects around the house, go shopping, or enjoy walking without pain or fear of falling.

Because each patient is different, the staff at Optimal Performance have different strengths that allow them to provide the patient with a treatment program that is specifically designed for him or her. The patient works with a primary therapist, receiving one-on-one care; however it is not uncommon for the staff to use a team approach to treatment utilizing the different strengths, specialties, and perspectives of each therapist in order to help the patient achieve the best possible outcome. This helps patients maximize function and achieve their individual goals while maintaining the continuity of care that is so important.

Always remember: the sooner you seek treatment for the pain or injury, the sooner the healing process can begin, and the sooner it will get better.

### **What is Physical Therapy?**

Physical Therapy is a rehabilitation specialty. Physical therapists are licensed healthcare professionals whose goal is to help you attain or return to an active, healthy lifestyle. Physical therapists use a variety of methods to help you achieve your personal goals. They specialize in gentle "hands-on" manual therapy techniques, sports injury rehabilitation and prevention, pre- and post surgical rehabilitation, therapeutic exercises, and functional training-gait, balance, lifting safety, and transfers.

### **Can Physical Therapy Benefit Me?**

The Good News: Whether your goals include feeling more steady on your feet, increasing safety during everyday and work activities, decreasing acute or

chronic pain, improving range of motion and strength, or returning to any level of competitive athletics, physical therapy can help you! Therapists will work with you to accomplish YOUR goals!

### **At Optimal Performance Physical Therapy, LLC...You can EXPECT:**

- Quality treatment using an integrated holistic approach to help you achieve your goals.
- A friendly and inviting environment where you'll receive 60 minutes of individual attention every visit!
- Licensed professionals devoted to achieving the best possible outcomes for each and every patient.
- Access to a variety of treatment methods-not just exercises! With your help, a plan will be created specifically for you!!!

### **Physical Therapy Services**

- Orthopaedic & Sports Physical Therapy
- Manual Therapy / Integrated Manual Therapy (IMT)<sup>TM</sup>
- Pre & Post Surgical Rehabilitation
- Work Related Injuries
- Back & Neck Rehabilitation
- Rotator Cuff Injuries/Prevention
- ACL Injuries/Prevention

In addition to all of this expertise in a friendly, respectful environment, Optimal Performance has convenient hours and easy accessibility. Hours are Monday, Tuesday, and Thursday 7:30 a.m. to 6:30 p.m. Wednesday and Friday 7:30 a.m. to 4:30 p.m. They are located at 308 U.S. Route One, Building E, next to the Maine Veterans Home and across from the Orion Center, with plenty of parking right in front of the building. If you want to get well and stay well you need to look at your whole being - that's the strength of Optimal Performance. Call 510-6500 for an appointment or if you have any questions.

Also for more information regarding staff or services please visit our website at [www.oppt.com](http://www.oppt.com).