

Need Physical Therapy?

Come visit us at

OPTIMAL PERFORMANCE

PHYSICAL THERAPY, LLC

- 
- **Orthopaedic & Sports Physical Therapy**
 - **Manual Therapy**
 - **Pre and Post Surgical Rehab**
 - **Work Related Injuries**
 - **Back & Neck Pain**
 - **Wellness Programs**

CONVENIENT HOURS & LOCATION

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

207-510-6500

www.oppt.com

OWNER: Karen Bailey PT, IMTC, ATC, CNHP

“Where It Doesn’t Have to Hurt to Heal”

Optimal Performance Physical Therapy (OPPT) is conveniently located on Route 1 in Scarborough. Our style, a blend of both traditional and complementary physical therapy techniques which allows us to access various rehabilitation tools and customize each program to each patient. Our staff, licensed physical therapists with solid experience and diverse training backgrounds, creates an environment of optimal healing by providing pre- and post-rehabilitation wellness programs (including nutrition), and rehabilitation for surgical procedures, as well as traumatic, acute, chronic, work related and sports injuries. We also offer a broad spectrum of client education activities. Our 60-minute, one-on-one, treatment sessions provide focused attention on the individual, improving therapeutic outcomes, and client satisfaction. In our open and spacious clinic, our team treats the whole person. Because to treat means to teach; our clients learn the skills to heal their bodies.

At OPPT we combine manual therapy with exercise and movement programs: manual therapy to address the structural dysfunction and pain caused by injury or stress; exercise and movement re-education to increase functional performance. We incorporate Integrated Manual Therapy (IMT) into our treatment programs; it’s a unique compilation of diagnostic and treatment methodologies used to assess and treat pain, dysfunction, disease and disability. We also address the effects and importance of nutrition with regard to health, inflammation and recovery.

Our approach is results oriented and interactive. The client and the practitioner constantly monitor

and re-assess progress through indicators such as improved function, enhanced ranges of motion, reduction of pain, increased cognition, and/or normalized behavioral and emotional responses. A treatment plan integrates manual therapies, nutrition education; body based psychotherapeutic methods for stress and relaxation, functional rehabilitation and movement retraining. Optimal Performance PT is unique; it combines both structural and functional rehabilitation approaches.

Optimal Performance PT is your partner in healthcare; we’re focused on meeting your needs for prevention, rehabilitation, wellness and education!!!

OUR PILLARS OF PERFORMANCE

The Client Comes First- Take Care of the Whole Client

Show Respect for Patients, Clients and Each Other

Practice with Honesty & Integrity

Be Effective and Efficient

Maintain Continuity of Care

Communicate Clearly

Always Support Each Other Unconditionally

Be Flexible

Take Personal Responsibility for Your Actions & Attitude

Engage in Professional Growth