



TIP OF THE MONTH

We are Movement Experts

It's true. Our training in the musculoskeletal system has given us a very particular set of skills. We specialize in identifying weakness and dysfunction within the human body. In fact, since 2015, becoming a physical therapist requires a Doctoral degree. This paired with required annual continuing education hours, makes us a leader in musculoskeletal care. If you're in pain or unable to move and function the way you should - we are the best option for care.

What sets physical therapists apart:

- Unlike pain medication that masks symptoms, we work one-on-one with you to fix the problem at the source.
- Unlike surgical procedures, we provide non-invasive treatment options to heal injury and reduce weakness.
- Our care is affordable and covered under most insurance plans. The care we provide is essential and is not considered elective.
- Conservative treatment with physical therapy has little to no side effects.

Did you know that if you have...

Back Pain: Going to [physical therapy](#) for a musculoskeletal assessment first can [lower patient treatment costs by 72%](#). It may also result in long-term solutions without expensive prescriptions or tests such as MRIs. Physical therapy care can also reduce the risk of re-injury.

Knee Osteoarthritis: Physical Therapy is equally effective in treating degenerative knee disease. A study published in the [New England Journal of Medicine](#) — showed that arthroscopic partial meniscectomy combined with physical therapy provides no better relief of symptoms than physical therapy alone in patients with a meniscal tear and knee osteoarthritis.

Plantar Fasciitis: Manual therapy treatments during physical therapy for plantar fasciitis lead to [lower costs of care and treatment visits](#) than those who chose other care methods.

We understand that you are concerned with maintaining your health. We are experts in healing the musculoskeletal system and want to help you live a life free of pain and dysfunction. Contact us to see if physical therapy is the right choice for you.



Featured Article: [Post Mastectomy Physical Therapy](#)

Call today to ask us how we can help you get back to enjoying the activities that are important to you!



“When you have a dream, you’ve got to grab it and never let go”

— Carol Burnett

TELL A FRIEND

The greatest compliment we can receive is for our patients to tell their friends and family about their positive experience with us. If you know someone who is experiencing pain or limitations and you believe they could benefit from therapy, please tell them about us.

We will ensure that they will receive great care and have a positive therapy experience with us!

A RECIPE FOR YOU

Caramel Apples

We love this time of year and wanted to share a tried-and-true fall classic with you this month! Find the [Full Recipe Here](#).



INGREDIENTS:

- 8 large tart apples
- 8 wooden stick handles
- 2 cups packed brown sugar
- 1 (14 oz) can sweetened condensed milk
- 1 cup light corn syrup
- 1 cup butter
- 2 tsp vanilla extract
- Toppings of choice

DIRECTIONS:

1. Boil water and quickly dip the apples into the water and dry off to get rid of any waxy coatings. Set aside to cool.
2. Remove stems and insert sticks completely through the apple core.
3. Line a baking sheet with parchment for cooling.
4. In a saucepan over medium-high heat, continuously stir your sugar, milk, corn syrup and butter until boiling. Reduce heat to medium and cook until 248° F. (25-30 min).
5. Quickly but carefully dip the apples into the hot caramel and sprinkle with your toppings. Cool for an hour.