



## *Our Depth of Experience, Specializations & Range of Services Set Us Apart*

Our staff is skilled in every facet of physical therapy with specializations in clinical neurology, spine therapy, and Osteopractic\*. Together, our three physical therapists have more than 55 years of experience, as well as numerous credentials, including:

- Clinical Doctorate
- Ph.D.
- Board-certified Neurologic Specialist
- Board-certified Orthopedic Specialist
- Certified in Dry Needling
- Certified in Spinal Manipulation
- Fellowship Training in Manual Therapy
- Certified Functional Manual Therapist
- Certified Strength Coach
- Diploma in Osteopractic (1 of 2 in Texas)
- Professor/Associate Professor at Hardin-Simmons University

*\*Osteopractic combines evidence-based treatments from various healthcare disciplines and offers them in one setting; treatments include both traditional therapies, such as exercise and soft tissue work, as well as innovative therapies, such as dry needling and spinal manipulation.*

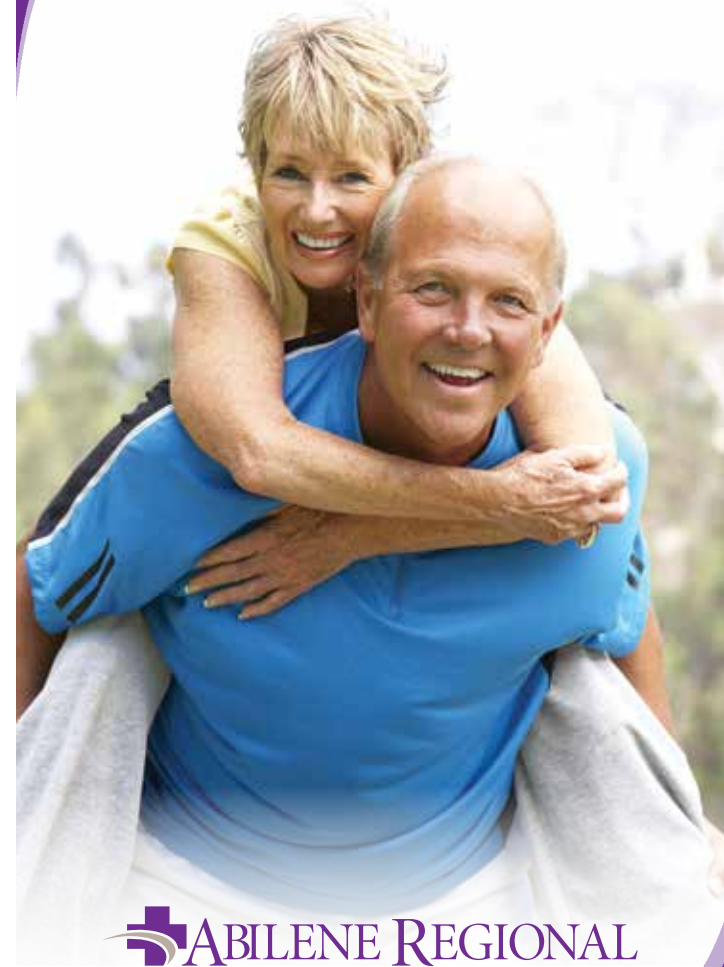


We are located at 6150 Regional Plaza,  
next to Abilene Regional Medical Center.  
Convenient patient parking is available.

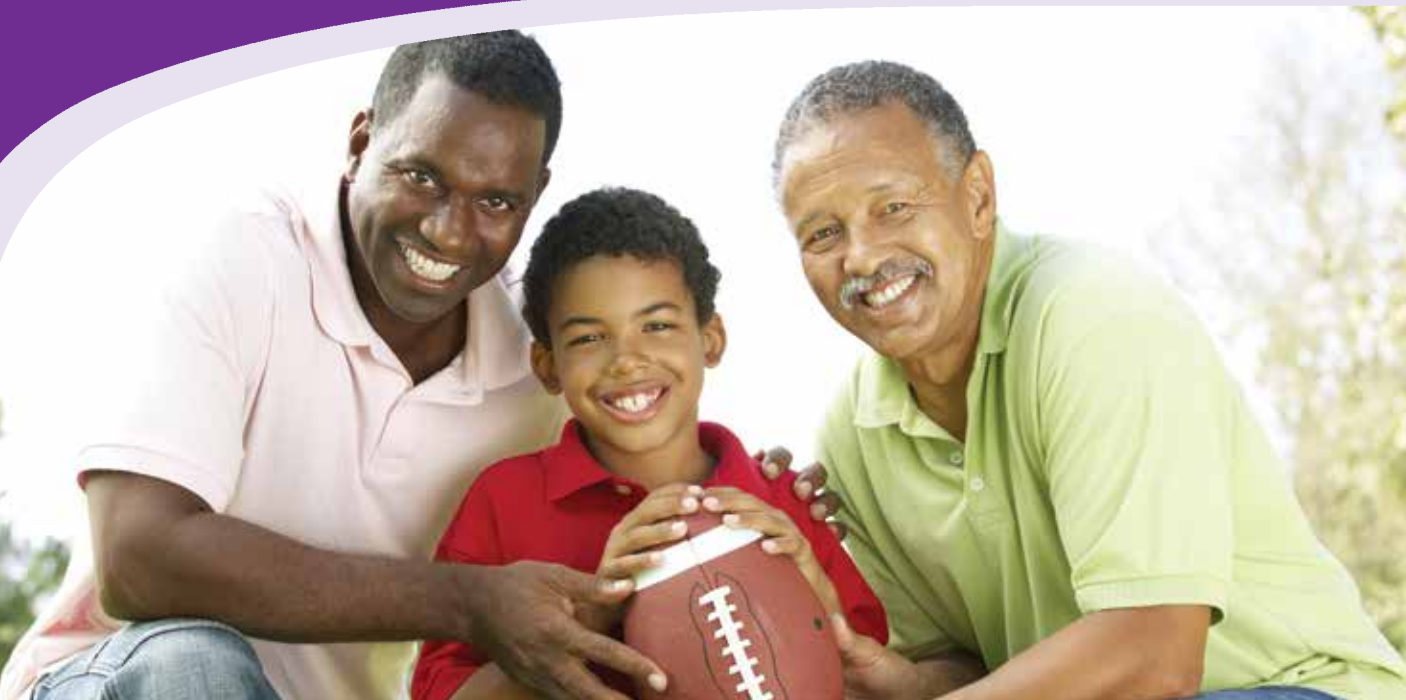
6150 Regional Plaza  
Abilene, TX 79606  
325-428-5725  
[AbileneRegional.com](http://AbileneRegional.com)

Abilene Regional Medical Center is directly or indirectly owned by a partnership that proudly includes physician owners, including certain members of the hospital's medical staff.

## *Outpatient Physical Therapy Services*



[AbileneRegional.com](http://AbileneRegional.com)



*Patients experiencing any of the following issues may benefit from our services:*

- Low back pain, neck pain/whiplash
- Lumbar/cervical radiculopathy with or without myelopathy
- Intervertebral disc herniation/protrusion
- Degenerative joint and disc disease
- Headaches (cervicogenic and tension)
- Thoracic outlet/rib displacement syndromes
- Myalgias: chronic pain/fibromyalgia
- Shoulder pain: rotator cuff tear, capsulitis, bursitis, tendinopathies, strains and sprains, impingement syndromes
- Wrist and hand pain/strain; carpal tunnel syndrome

- Functional spinal deformities: scoliosis, torticollis, lateral shift deformities
- Hip pain: strains/sprains, bursitis, femoroacetabular impingements, OA management
- Knee pain: strains and sprains, grade I-II meniscus tears, OA management, patellofemoral syndrome, ITBS (iliotibial band syndrome)
- Enthesopathies, tendinopathies, myopathies, connective tissue dysfunction, apophysitis, compartment syndromes, periostitis
- Ankle and foot pain: plantar fasciitis, calcaneal tendinopathy, neuromas, hallux valgus
- Elbow pain: epicondylalgia, strains/sprains
- Central and peripheral nerve entrapment syndromes
- Vertigo/Dizziness/Balance Problems

*Our individual one-on-one treatments include:*

- **Spinal and Extremity Manipulation** – to decrease tone, spasm, and pain at-and-around target areas, as well as to increase range of motion
- **Soft tissue and Joint Mobilization** – to decrease pain pressure threshold and improve mobility of neural, muscular, or skeletal tissues
- **Vestibular Examination and Treatment** – BPPV, inner ear dysfunction, and decreased vestibular/ocular reflexes can all cause dizziness; oftentimes specific motions and exercises for the inner ear and cervical spine can alleviate these issues.
- **Electrical Dry Needling** – to provide relief for a variety of chronic and acute osteoarthritic, neurogenic, and muscular pain conditions
- **Sport and Job-Specific Strengthening** – to facilitate post-surgical return to work/play and to prevent work-related injuries. Includes ergonomic assessments.

*Easy Referral & Follow-up Process*

You may fax your Referral Form and we will contact your patients within 24 – 48 hours to schedule an appointment. (We only schedule individual patient treatments; we do not double book.) You will receive patient updates every 10 visits/30 days. **If you have any questions, please call 325-428-5725.**