



Request Appointment

Get Your Health Back On Track With Physical Therapy

Health & Wellness Newsletter

October is National Physical Therapy Month. The Physical Therapy Center wants to make sure that you have a reliable source to help you resolve whatever physical condition you face. Our physical therapists are highly trained and experienced in treating musculoskeletal disorders. We understand how important it is to get to the root of the problem and provide solutions that work.

Our team of physical therapists is devoted to helping our patients recover from injuries and pain that are interfering with everyday activities and making life way harder than it should be.

Request an appointment today so we can help you get back to the life you deserve!

Why Should I Choose Physical Therapy?

There are several reasons to choose physical therapy over

costly surgeries and medications. Physical therapy has been shown to not only help resolve pain and improve function, but it is also effective at enhancing your overall health and well-being.

One of the most significant benefits of physical therapy is that it can uncover the underlying reasons for your injuries and/or pain. *Some of the impairments your physical therapist can help you correct include:*

- Loss of motion
- Weakness
- Poor posture and faulty movement patterns
- Gait abnormalities
- Loss of balance
- Coordination deficits
- Neurological impairment
- Unhealthy lifestyle behaviors (i.e., poor sleep habits, improper nutrition, lack of exercise, etc.).



Don't Let Your 2023 Insurance Benefits Go To Waste!

Take charge of your health today and make the most of your insurance benefits! If you've already met your deductible this year or have funds left in your HSA account, you can take advantage of our remarkable opportunity at the Physical Therapy Center. Don't let these valuable benefits go unused!

Stop letting pain get in the way. Give us a call or visit physicaltherapycenter.org today!



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Benefits of Physical Therapy

A physical therapist can educate you about ways to move safer that use your energy more efficiently, reduce the risk of re-injury and enhance the overall effects of your care. The benefits of physical therapy treatments include easing pain, reducing spasms, increasing circulation, and promoting healing.

Physical therapy can help improve your joint range of motion and overall mobility: Our ability to move depends on how individual joints move and how the body's joints move in concert with one another. Increasing joint range of motion and mobility of the connective tissues around your joints (including the tendons, muscles, fascia, and joint capsules) will help your joints feel better and move better.

Physical therapy can help strengthen weaknesses and compensation patterns: Through injury or surgery, muscles become weak and impact your ability to move and function normally. Physical therapists are skilled at assessing the whole body, identifying weakness, and teaching how to restore strength and function.

Physical therapy can improve your overall health and well-being: When you see a physical therapist for pain and/or injuries, you will receive the benefits of rehabilitation to resolve the condition and a total body approach to health. Physical therapists can recommend nutrition to improve pain, reduce inflammation, and improve overall health.

Physical therapy can help you reduce the risk of injury: By implementing a holistic approach, we can improve and restore your function and prevent injuries. This may include all components of typical physical therapy and include gait modifications and coordination exercises to stimulate the nervous system and help ensure your mechanics are ideal to avoid an injury.

Call Us Today To Request An Appointment

The mission of our physical therapy clinic is to use compassion, encouragement, and motivation in the treatment of our patients and clients. We provide outstanding and personalized skills as movement and rehabilitation physical therapists through exceedingly high customer service and results!

Our goal is to positively impact people's lives and improve their quality of life. Your therapy will be centered around helping you get back to doing the things you love without pain. We understand that no two pain conditions are alike, and no two treatment plans should be either.

Contact the Physical Therapy Center to learn more about National Physical Therapy Month and the benefits of physical therapy.

If you're struggling with a painful condition or experiencing a physical limitation, our therapists will work with you to ensure your success!

Cupping for Pain Relief: A Natural Approach to Healing



Cupping is a fairly intricate process. Our physical therapists will begin by placing a flammable substance (such as alcohol or herbs) into the cup and setting it on fire.

Once the fire subsides, the cup will be placed upside down onto your skin. As the air in the cup begins to cool, it creates a vacuum, causing the skin to rise and blood vessels to expand.

How Will I Benefit From This?

Cupping can sometimes be described as a “tissue distraction release” technique. During the cupping process, the cups are glided across different areas of the

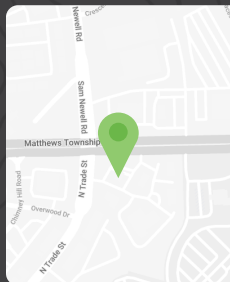


body in order to lift and separate tissue.

This works to enhance the release of the interfaces between the neural tissues, fascia, skin, ligaments, muscles, and tendons. It relaxes muscles, releases trigger points, improves lymphatic flow, increases local circulation, and releases scar tissue adhesion.

Evidence supports cupping as an effective treatment method for several conditions, such as chronic neck pain, low back pain, and fibromyalgia.

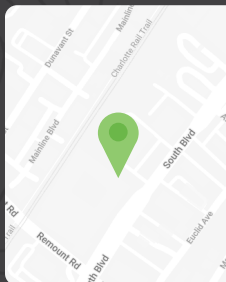
Contact us by scheduling an appointment with the Physical Therapy Center, you will meet with one of our licensed physical therapists to figure out if cupping is right for you!



Matthews Location

1352 Matthews Township Pkwy
Unit 102 - Matthews, NC 28105
(704) 610-1868

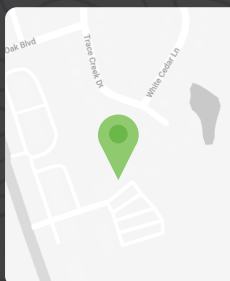
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South End Location

2400 South Blvd
Suite 203 - Charlotte, NC 28203
(980) 303-3991

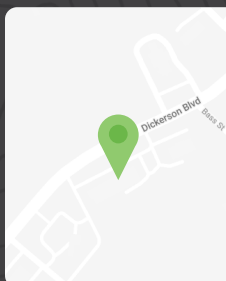
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Waxhaw Location

105 Waxhaw Professional Park Dr
Suite B - Waxhaw, NC 28173
(704) 459-4269

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Monroe Location

1730 Dickerson Blvd
Suite D - Monroe, NC 28110
(704) 459-3794

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Stop letting pain get in the way. Give us a call or visit physicaltherapycenter.org today!