

Reclaim Your Vitality And Mobility With The Power Of Physical Therapy

No one cares more about your health than you do! We're all familiar with medical professionals that are too busy to listen much less get to the root of our problems.

Most people hear of Physical Therapists (PTs) only after a serious injury or surgery. Yet PTs can do much more to help you look and feel your best, including massage techniques and exercise that *does not* increase pain.

Though skilled and trained, your doctor can't always fix your physical problem. And as insurance companies put the squeeze on everyone to reduce costs, people don't get the care they need.

Fact is...we all have to assume personal responsibility for how we look and feel.

There is help. One solution is to visit a health care practitioner who takes the time to listen, and teaches you *exactly* what you can do to help yourself.

Here's a secret that's not widely known...

Pain is Not the Problem

Let me explain. In truth, pain isn't the problem. Pain is a symptom.

The problem is *function*.

PTs work with you to restore *function* to the highest possible level.

This is where the expertise of Terry Frye MS PT comes in—to assist you in regaining function of the part of your body that is causing pain. By restoring function, pain resolves or decreases to tolerable levels.

And you just keep getting better.

It's important to look at the whole person, not just the pain. Therefore a holistic or comprehensive approach is necessary to analyze your lifestyle, routines, the way you walk, sit, stand and more, to ensure your form and posture is optimal.

This analysis allows the PT to design treatments and exercises specific to your needs to restore function, and decrease or eliminate pain. Terry takes the time to explain your injury and ways to prevent further aggravation. This is crucial to appropriate treatment.

What kind of people use Physical Therapy? All kinds!

Here are a few examples:

- Mary suffers with chronic headaches after an injury. Her pain level decreased from 8-10 to 4-5.
- Rena bought a new bike and wanted a "bike fit" to avoid injury.

- Retired 80-year-old Jan visits Terry to improve her balance to avoid falls.
- Jim is a stroke patient and sees Terry to continue his rehabilitation progress.
- Chris sought treatment after a sudden case of severe debilitating sciatica. After 3 treatments sciatica pain level decreased from 10+ to 0. After three years she remains pain free.

Terry Frye MS PT at Total Fitness Connection offers her skills for a fraction of the cost of traditional physical therapy clinics—just \$60/hour. (These charges may be submitted to your insurance company for payment.)

You'll be surprised to know just how much Physical Therapy can help you. Call today.

Call Terry today for a \$25 Sports Massage or to schedule an evaluation.

Phone: 509.430-9669

Fax: 509-461-8088

7500 W. Arrowhead Dr. Kennewick 99336 Kennewick, WA