

Services

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The therapy approach is unique in that the physical therapist will work one-on-one with you for the entire session. By not utilizing aides, students or assistants, you will be treated by a doctor of physical therapist 100% of the time and each treatment session will be skillfully designed for your needs. Some of the techniques utilized include:

- Myofascial Release
- Dry Needling
- Muscle Energy Techniques
- Trigger Point Release
- Joint Mobilization
- Craniosacral Release
- Healing Touch
- Individualized Exercise Program

What to expect

How long will each session last?

Each session will be about an hour unless otherwise discussed.

What will occur during each session?

The first session will include a thorough evaluation to allow the therapist to formulate your treatment plan. After this, each session will focus on treatment, including manual and exercise, and a home self care plan.

How often do I need to attend therapy?

While each person is different, most people will begin therapy 1 time per week with a gradual tapering as the condition is improving.

What are your hours of operation?

Monday, Wednesday and Thursday from 7:30 am to 6 pm and Saturdays by appointment.

Do you accept my insurance?

At each session, you would pay the therapist for the treatment. The therapist can provide you with forms and guidelines needed to contact your insurance for benefits and reimbursement. The insurance would then provide you with any reimbursement for the treatment. This will allow the therapist to focus time and energy on your treatment and provide more satisfactory and timely results. Medicare has specific regulations for those that have this insurance. Please call for details.

How much does each session cost?

Each hourly session is \$120. With the quality of care you will receive, many find they don't need to attend as many sessions as compared to traditional physical therapy. As copays, coinsurance and deductibles are on the rise, this provides an effective alternative to traditional insurance.

Where are you located?

We are located in Milford, Ohio inside the Miami Athletic Club (MAC) Wellness Center. Our address is 930 Lila Ave, Milford, OH 45150.

How do I get started?

Call 513-301-0014 to set up an appointment or stop by the Miami Athletic Club and talk to the receptionist inside the Physical Therapy/Chiropractic center.