

## About Our Physical Therapy Center



303-797-0988

The Colorado Center for Physical Therapy is a family owned business that was established in 1990. Over the course of 27 years we carefully researched and hand-picked a highly effective blend of rehabilitation approaches. These methods have been skillfully combined and set in motion to become the hallmark of our practice today.

Our physical therapy practice employs therapists that are at the top of their field. Medical doctors and other health professionals refer patients to us because they know the patient will receive detailed one-on-one attention and learn valuable tools to aid in recovery and prevention. For instance, you are sure to learn tools that will promote improved posture, joint positioning, strength, and endurance for years to come.

## What Our Physical Therapy Approach Can Do For You

At the Colorado Center for Physical Therapy, we are proud to combine traditional Physical Therapy with time-tested natural health approaches. Our applications of specific deep tissue treatment (neuromuscular therapy & manual therapy) have proven to be the perfect complement to our physical therapy approach. With these modalities, we can effectively access and restore the health of injured areas of the body that other therapists often overlook or mistreat. This specialized hands-on work also paves the way for improved skeletal alignment and body awareness. In addition, core stability and strengthening practices are given to the patient to promote lasting strength, endurance, balance, and joint integrity.

We work with a wide variety of doctors and health care experts, believe in a team approach, and allow the highest good of the patient to be our guide. We differ from other physical therapy clinics in many ways, the foremost being our approach, but also that we spend ample time with each patient with the intention of understanding the root of their problem. We then design and set the most effective rehabilitation plan in motion.

We enjoy keeping serious athletes and dance seniors with high quality fitness and flexibility, teaching prevention, and giving "couch potatoes" a glimpse of what's possible!

## Our Areas of Specialty Include:

- Physical Therapy • Postural and Gait Analysis • Spine, Core Strength and Rehabilitation System
- Neuromuscular Therapy-NMT (St. John Method) • Therapeutic Massage • Rehabilitative Pilates (Private Pilates) • Sports and Dance Injury Rehabilitation • Hanna Somatic Movement Therapy
- Yoga Breath and Rejuvenation Training (Yoga Therapy) • Pilates Reformer Classes

## We Can Help You Resolve:

- Back Pain • Pelvic Pain • Headaches • Whiplash and Spinal Trauma • Joint Pain • Total Joint Replacement Rehabilitation • Carpal Tunnel Syndrome • Thoracic Outlet Syndrome
- Repetitive Motion Syndromes • Fibromyalgia • Tendonitis • TMJ Pain • Sports Injuries
- Plantar Fasciitis • Postural Distortions • Dysfunctional Biomechanics • Neuralgia • Visceral Problems
- and much more!

## We'll Help You Manage or Resolve Pain Related To:

- Injury • Pelvic floor, Hip & Low Back Pain Syndromes • Neuromuscular Disease • Scoliosis
- Chronic Musculoskeletal Pain • Degenerative Joint Conditions

**We accept most insurance and are Medicare providers. Contact us and we will help you determine if your insurance company will cover our services or explore other competitive cash based packages and options. Our goal is to provide skilled, high quality healthcare and look forward to the opportunity of providing the best possible services to you! 303-797-0988**