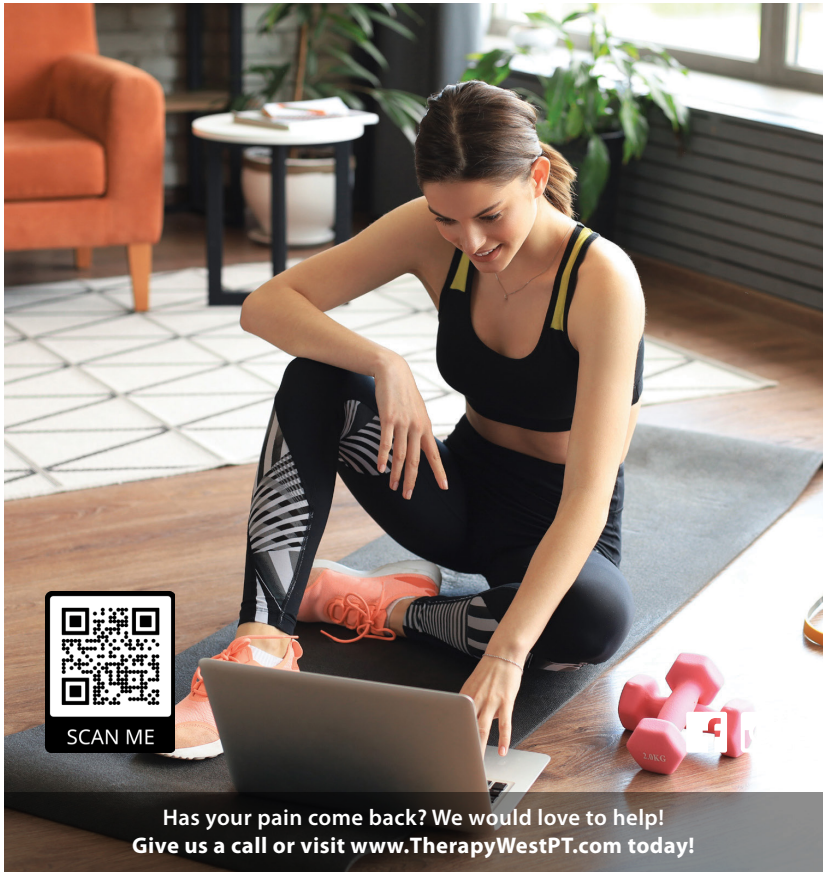




LIVE A HEALTHIER LIFE WITH PHYSICAL THERAPY!

www.TherapyWestPT.com

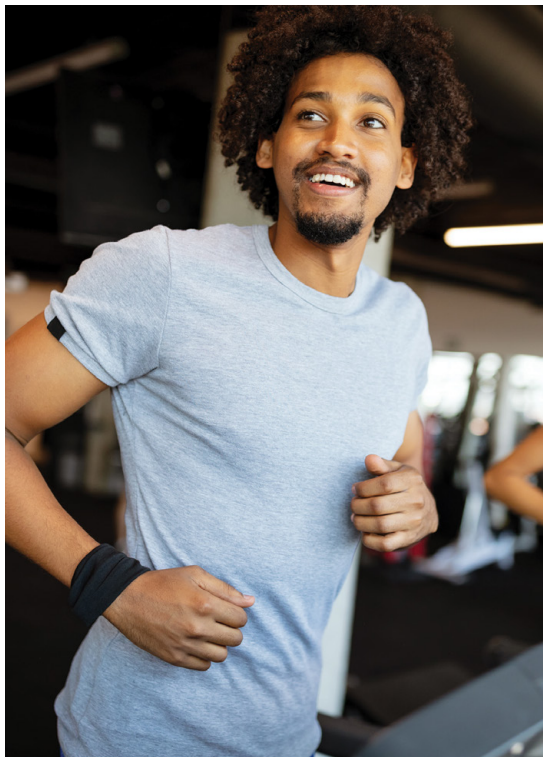
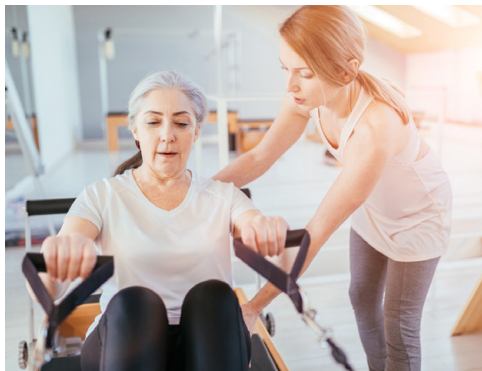


Live a Healthier Life With Physical Therapy!

Are you suffering from the lingering pain of an injury? Are you recovering from surgery? Our physical therapists at Therapy West Physical Therapy & Sports Medicine are dedicated to relieving your pain, whatever the case may be. We'll get you back to your peak level of physical health. We'll get you back in the game of life by helping you reach your peak level of physical health.

A healthy, strong, and active lifestyle is what everyone strives for. However, it is not always easy to obtain, especially chronic pain. The very thought of going out and exercising with your aches and pains may leave you feeling uncomfortable.

Fortunately, there is a more straightforward solution to gaining the active lifestyle you desire. Physical therapy can help you achieve optimum health and fitness levels while reducing your pain. **If you are looking for a healthier and more active lifestyle, contact Therapy West Physical Therapy & Sports Medicine today!**



How Physical Therapy Can Help You To Be Healthier

Physical therapists are movement experts who can help improve your quality of life by developing an exercise program, providing hands-on care, and educating about your condition and overall health and well-being.

A physical therapist is educated in analyzing your ability to perform regular movements (i.e., functional mobility). By analyzing how you move, your therapist can identify issues with bending, stretching, squatting, kneeling, walking, running, jumping, and almost every other form of physical activity.

Our physical therapists will pinpoint problem areas and create a customized treatment plan to improve those areas. Through in-office sessions and at-home exercises, you will learn to restore your joint and soft tissue mobility as well as strengthen your muscles, improve your balance, and experience pain relief, all without the unwanted harmful risks of drugs or surgery.

**Book Your Next Appointment at
www.TherapyWestPT.com Today!**

Physical Therapy Treatments Target Your Needs & Goals!

Our physical therapists will perform an examination to develop a treatment plan to improve your ability to move, reduce or manage pain, restore function, and prevent disability. We also will work with you to help you achieve your fitness goals and lead an active life.

Our physical therapists will cater your treatment plan around specific movements designed to increase your strength, flexibility, balance, and overall mobility. For example, your physical therapist will guide you through a series of exercises designed to help the injury and return to your pre-injury abilities.

We will start with pain management and restoring mobility to the injured area. Next, we will focus on progressing your strength and dynamic stability exercises designed to restore function and prevent injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure you can avoid an injury in the future.

Your physical therapist will assist you with many of these exercises and provide some simple ones that you can do at home.

The end goal of physical therapy is living the life you want, free from painful limitations. That can only happen when you apply the concepts from your treatments to the outside world. Our physical therapists are as dedicated as you are and will encourage you to achieve all the goals you outlined in the beginning.

What To Expect From Your Physical Therapy Sessions

Some people try to mask their symptoms with anti-inflammatory or pain-relieving medications, while others, unfortunately, give up on the idea of being active altogether. With the help of a physical therapist, it is possible to reclaim your pain-free, healthy lifestyle and get back to doing the activities you love.



Everyone has different needs based on the conditions of their bodies. There is no cookie-cutter approach to health and wellness, as one treatment plan may not work the same for one person as it would for another. Your physical therapist will work closely with you to evaluate your needs and provide you with a comprehensive plan to achieve your goals.

Once your physical therapist has a clear picture of what you need, they will begin constructing a treatment plan to help relieve your pain and live a healthier lifestyle.

Contact Us Today!

If you want to improve your health, strength, and physical activity, Therapy West Physical Therapy & Sports Medicine is here to help. Please schedule a consultation with one of our physical therapists today and get started on your journey toward better health and wellness!

Sources:
<https://www.apta.org/your-career/careers-in-physical-therapy/becoming-a-pt>



Stop Putting Off Your Pain. We Can Help!

Schedule your next appointment by scanning the QR code
or by visiting www.TherapyWestPT.com today!

Get Your Life Back with Therapy West

Make an appointment today to start living your life again, pain-free!

Gunnison
435.289.6233

Ephraim
435.289.6410

Mount Pleasant
435.289.6442

Richfield
435.289.6509

Bicknell
435.289.6539



Staff Spotlight | Jed Bartholomew

Jed Bartholomew earned a Doctorate in Physical Therapy degree from the University of Utah in 2013. After graduation he worked in Washington State, then returned to Layton, Utah to work at an Orthopedic clinic and the Davis Hospital and Medical Center. Jed has now had the opportunity to return home to Sanpete and serve patients at the Manti clinic.

"Through my own experience with injuries I know how important it is to have someone who is caring and compassionate, who has the knowledge to facilitate in recovery. My goal is to treat everyone with respect, give them the best care possible, educate patients in understanding their injury and engage patients to be a part of their recovery."

In his spare time Jed enjoys playing sports, fishing, mountain biking and scuba diving. He spends time searching the internet to learn new skills; computers, electronic repair and for hobby projects to build.



To learn more about our team and how we can help you, simply scan the QR code or by visit us online at www.TherapyWestPT.com

Exercise of the Month Bridging



While lying on your back, raise your buttocks off the floor/bed slowly and with control. Hold position for 10-15 seconds and slowly release to starting position with an exhale.

If pain increases with this exercise, stop and consult with your physical therapist on possible modifications that need to be made.



Come back and see us!

Are you struggling with pain that won't go away? We want to help! Call us or visit www.TherapyWestPT.com to schedule your consultation today!