



#### SERVICES WE OFFER:

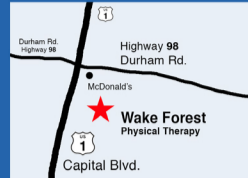
- Spinal Decompression
- McKenzie Therapy
- Graston Technique
- Trigger Point Dry Needling
- Sports/Kinesio Taping
- Vestibular/Balance therapy
- Functional Capacity Evaluations
- Massage Therapy
- Iontophoresis/Phonophoresis

#### CONDITIONS COMMONLY TREATED:

- Neck/Back Pain
- Sports Injuries
- Sprains/Strains
- Joint Replacement
- Knee/Hip/Ankle Injuries
- Shoulder/Elbow/Wrist Hand Injuries
- Post-Operative Conditions
- Neurological Problems
- Work Related Injuries
- Post-Fracture Rehab



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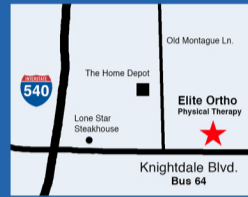


#### WAKE FOREST PHYSICAL THERAPY

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#### ELITE ORTHO PHYSICAL THERAPY

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Visit us online for more information:  
[www.wakeforestpt.com](http://www.wakeforestpt.com)

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## Wake Forest Physical Therapy



## Elite Ortho Physical Therapy

*Our Knightdale location*

*Everyone wants to move  
better and feel better*



## Getting you back to work and play faster



### ONE-ON-ONE PERSONAL CARE

You will be seen by a licensed therapist for a 45 minute one-on-one session. Your therapist will explain your diagnosis and together we will design a treatment plan to achieve the goals that are important to you. We do not use aides or technicians and our one-on-one sessions allow us to provide better care with fewer visits.



### TREATMENT AND SERVICES

We provide physical therapy for a wide variety of injuries, post-surgical conditions and neurological problems. On your first visit, an evaluation is performed to determine your limitations and develop an individualized program to best treat your problem and help you to achieve your goals. We treat patients of all age-ranges, from the young to the young at heart and from the injured worker to the professional athlete. Whether you have been injured at home or at work, on the playground or the ball field, or in a motor vehicle accident, we can help.



#### *Do I need a referral to come to physical therapy?*

We offer "Rapid Access". In NC, a referral is not required to be seen by a Physical Therapist. So if you get injured or are tired of that nagging pain, we can see you that day....no referral required. The majority of insurance companies do not require a referral as they see the benefit of direct access to physical therapy for their customers. If you have any questions about your insurance coverage, please give our office a call.



### SPECIALTY SERVICES

#### *Graston Technique*

Graston Technique is an innovative, patented form of instrument-assisted soft tissue mobilization that enables clinicians to effectively break down scar tissue and fascial restrictions. The technique utilizes specially designed stainless steel instruments to specifically detect and effectively treat areas exhibiting soft tissue adhesions or chronic inflammation. We have therapists in each clinic that are Graston providers.



#### *Trigger Point Dry Needling*

Trigger Point Dry Needling (TDN) is an effective treatment for acute and chronic pain that reduces muscular tightness and spasms. The application of Dry Needling involves the use of a solid filament needle (also called an acupuncture needle) to deactivate and desensitize trigger points in muscles. Combining Dry Needling with other manual and rehabilitative techniques has been shown to effectively treat both acute and chronic pain while speeding recovery time. We have staff at both clinics that are trained in this treatment technique.

