

Evaluations Include Assessment of:

- *Nervous, muscular, fascial, and skeletal systems*
- *Structural changes (pronated/supinated feet, bunions, posture, winging scapula, abnormal spinal curves)*
- *Movement—too much, too little, uncoordinated*
- *Areas of weakness and fatigue*
- *Balance deficits*
- *Gait pattern*
- *Compensations in one area to make up for abnormal movement elsewhere*
- *Joints that crack and pop with movement*



SCHEDULE AN EVALUATION TODAY

Call one of our offices today to schedule an appointment with one of our skilled physical therapists.

Routine “tune ups” are beneficial to all populations—children, athletes, adults and everyone in between. The key for anyone is catching issues early.



In many cases a referral is not necessary, and insurance may cover.

Se Habla Español

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Appalachian Physical Therapy

“Always Getting Better”

Wellness & Prevention Evaluation:

A Regular Tune-Up For ANY Body



Broadway

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Broadway, VA 22815
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Harrisonburg

2035 East Market St., Suite 45
Harrisonburg, VA 22801
540-209-8977

Strasburg

105 Stony Pointe Way, STE 211
Strasburg, VA 22657
540-252-3892

Pinehurst

211-L Central Park Ave.
Pinehurst, NC 28374
910-215-0541

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We seem to universally embrace the concept that the earlier an issue is addressed the less of a problem it becomes.

We apply this principle to our cars and homes, which receive regular inspections, repairs, and maintenance. Gardens require regular weeding. Teeth may get examined and cleaned yearly. Annual mammograms, gynecological, and prostate screenings are recommended. Regular check-ups for the heart, lungs, cholesterol, blood sugar, skin, and colon are often performed.

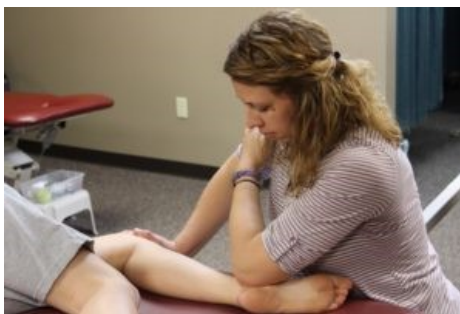
But What About the Rest of the Body?



There's so much more to consider:

- Nervous, muscular, fascial, skeletal systems
- Structure and posture
- Movement—too much, too little, lacking coordination
- Areas of weakness and fatigue
- Compensations in one area to make up for abnormal movement in another area
- Cracking and popping joints

Lack of proper early intervention in the presence of such issues leads to a spectrum of painful and debilitating issues, such as degenerative discs and joints, osteoarthritis, and bursa, ligament, and tendon injuries. These in turn are often treated with surgery, injections, and medication, which do *nothing* to address the root cause of the problem.



So what can be done to change this seemingly inevitable pattern?

MRI, CT, & X-ray can show joint, disc, meniscal, and ligament damage, but these are often found in pain-free people as well. Sometimes tests are completely negative, leaving many unanswered questions.

There are better options.

Early identification of and attention to faulty movement patterns *before* they damage the neuro/myofascial/skeletal/internal organ components of the trunk and extremities *just makes sense!* A skilled, comprehensive assessment that considers all body parts as a whole, interrelated system, integrated in movement and function (or dysfunction) can go a long way in stopping the advancement of a problem, or preventing it from happening in the first place.



A regular evaluation and “tune up” can also be a cost saving measure by providing:

- Reduced need for costly pain medications
- Less time off from work for pain or injury
- Fewer visits to healthcare providers
- Surgery prevention