

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Innovative Newsletter

HOW TO RELIEVE YOUR PAIN WITH OUR LASER THERAPY SERVICES

If you are looking for a non-invasive, safe, and effective way to relieve your pain and recover from a condition, you may be an ideal candidate for laser therapy. These are two methods that receive a lot of confusion and hesitation, but we are here to explain the many benefits of both of them.

(continued inside)



Dr. Cheryl Howard
PT, DPT, Cert. MDT
Owner

FREE 15 MINUTE CONSULT

(DETAILS INSIDE)

www.innovativeptsolutions.com

Innovative Newsletter

INSIDE:

Can Laser Therapy Help My Condition?

Exercise To Help With Pain

Innovative Community Involvement

Quote of The Month:

"My mother told me to be a lady. And for her, that meant be your own person, be independent."

- Ruth Bader Ginsberg

CALL TODAY!

(315) 786-0655

HOW TO RELIEVE YOUR PAIN WITH OUR LASER THERAPY SERVICES



(continued from outside)

If you have been searching for relief and recovery options, contact Innovative Physical Therapy Solutions today. We offer **1 FREE Laser to each new client**, no prescription needed, no insurance needed, HSA (Health Savings Acct) or FSA (Flexible Spending Acct) or HRA (Health Reimbursement Acct) CAN be used to pay for Laser Therapy. We'll help you schedule a **FREE Laser Consultation** so you can discuss how our laser therapy services may benefit you!

Everything you need to know about laser therapy:

We receive many questions about laser therapy treatments from first-time patients - "Does laser therapy hurt?" "Is laser therapy safe?" It is normal to be a bit apprehensive about a new course of treatment, especially if it is something that you don't know a lot about. However, at Innovative Physical Therapy Solutions, we are here to put your mind at ease by letting you know that laser therapy does NOT hurt and it IS completely safe! When conducting a laser treatment, photons will be released into the tissues surrounding the affected area to facilitate healing. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

Here are some helpful facts about laser therapy to ease any hesitations regarding it:

- Medical lasers are approved by the FDA and they

adhere to strict ISO standards.

- Laser treatments are administered directly to the skin, to avoid contact with the eyes.
- There are a large variety of conditions that laser therapy can treat, including neck pain, shoulder pain, back pain and sciatica, arthritis, bursitis, disc injuries, TMJ, sports injuries, plantar fasciitis, carpal tunnel syndrome, migraines, soft tissue damage, and MORE.
- Laser therapy has even earned a reputation as being one of the safest, non-invasive treatment options on the market!

Despite some misinformed skepticism, laser treatments are entirely pain-free. Many patients experience little to no sensation at all when receiving laser therapy treatments, depending on the type of laser that is being administered. Some patients report feeling a warm sensation from the laser, which is commonly described as soothing and pleasant. Laser treatments generally last between 2-10 minutes and the majority of patients start noticing results after only a few short sessions!

Give Innovative Physical Therapy Solutions A Call Today For More Information!

CAN LASER THERAPY HELP MY CONDITION?

It can be a little scary to try a new treatment before if you don't know anything about it, or what conditions it can treat. There are a large variety of conditions that laser therapy can treat, including but not limited to:

- Back pain and sciatica.
- Neck pain.
- Shoulder pain.
- Arthritis.
- Bursitis.
- Disc injuries.
- Sports injuries.
- Fibromyalgia.
- TMJ.
- Plantar fasciitis.
- Carpal tunnel syndrome.
- Migraines.
- Soft tissue damage.



Laser treatments have been supported by several scientific studies as a non-invasive, and effective treatment method for acute and chronic pain. It is a safe, proven method of treatment that has demonstrated the ability to significantly decrease pain levels and change patients lives for the better.

If you have been suffering from acute or chronic pain, and you think you could benefit from laser therapy treatments, don't hesitate to contact Innovative Physical Therapy Solutions to schedule your consultation today! We are equipped with the best methods and advanced technologies for treating whatever condition may be paining you.

Schedule your consultation today:

Do you have an injury or health condition that is limiting you from living your life the way you want? At Innovative Physical Therapy Solutions, we design each treatment plan specifically to fit the needs of each patient. Targeted treatments will be prescribed for treating your condition and bringing you to your optimum levels of physical function.

Give us a call today to schedule a laser therapy appointment and get back to living your life pain-free!

(315) 786-0655

Patient Spotlights

"I will refer my family and friends!"

"I am so thankful to the staff at Innovative Physical Therapy Solutions for giving me back my life. My extensive surgery required a great deal of expertise and dedication on their part, and the results are astounding! Everything ran smoothly, and I was always greeted with friendly smiles and compassion. I will refer my family and friends!" - **Michelle L.**

"Their staff is very friendly and make you feel comfortable."

"I Highly recommend Innovative Physical Therapy Solutions for PT! Their staff is very friendly and make you feel comfortable. Thank you!" - **Alayna B.**

"I would highly recommend this PT location to others!"

"My experience with Innovative PT Solutions has been a very positive one. Friendly, professional staff who I enjoyed working with. I would highly recommend this PT location to others!" - **Dorothy W.**

Fun & Games

PLAY FOR A PRIZE: SUDOKU!

3			8				
		1	6	3			4
	4			7	5	3	
					6	7	
	5	9				6	2
	7		9				
		7	5	8			4
2				6	7	1	
					4		6

The first 3 patients to bring in a correctly completed puzzle will **WIN, ONE FREE LASER TREATMENT!**

www.innovativeptsolutions.com

Exercise To Help With Pain:

Try this simple exercise to help you feel better...
Share this with a friend or family member to help keep them healthy too!

Exercises copyright of
SimpleSet Pro
www.innovativeset.com

Helps Strengthen Core

CURL UP

Lie on back with one leg straight. The other leg is bent with the foot flat on the ground. Position your hands underneath your lower back. Tuck your chin and lift your shoulder blades off the ground slightly. Return to the start position in a controlled manner.



Innovative PT Coupons

FREE 15 MINUTE CONSULT



(315) 786-0655

CALL TO SCHEDULE TODAY!

316 Sherman St.
Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 6/30/21

Innovative Community Involvement



2021 FIRE & ICE

I am reaching out to you as we are pleased to provide Silver Sponsorship to the **FIRE & ICE North Country TROOPERS Assisting TROOPS** for the 4th consecutive year. AND also, as a component of that I am sharing some VERY EXCITING NEWS for our region... **LIGHTFORCE EXP! Deep Tissue Therapy Laser** is now available for our friends and families in the North Country! This is a great option for pain-relief without medication or surgery.

NNYTROOPERS.TAPKAT.ORG/
WIN1000ISLANDSGETAWAY?PROMO=IPT

THANK YOU FOR YOUR SUPPORT!

INNOVATIVE PHYSICAL THERAPY SOLUTIONS

6 LASER Treatments
Voucher
(\$300 Value)

2021 FIRE&ICE North Country TROOPERS Assisting TROOPS

We Donated This Voucher!
What Will You Donate To Help Out This Year?



1000 Island Harbor Hotel's annual Fire and Ice party has drawn crowds and raised thousands of dollars for local charities for many years. While we cannot have our party this year, no pandemic will stop us from raising money for [North Country Troopers Assisting Troops!](http://NorthCountryTroopersAssistingTroops!)

Enter to win a 1000 Islands Getaway and other Exciting Prizes.



www.innovativesolutions.com