

I·N·N·O·V·A·T·I·V·E

PHYSICAL THERAPY SOLUTIONS

Setting the standards for first-class care

Request a FREE Consult

Innovative Newsletter

INSIDE:

PERSONAL TRAINING PROGRAM

5 STAR REVIEWS

EXERCISE TO HELP WITH PAIN

We would love to hear your success story!

If you have overcome injuries, been freed from pain, or become stronger, healthier, and more active through physical therapy, we would love to hear your story.

REVIEW US

Quote of The Month:

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.”

—Edith Sitwell



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 Innovative Physical Therapy Solutions are dedicated to relieving your pain, whatever the case may be. We'll get you back to 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 if you are living with 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 Innovative Physical Therapy Solutions today!

How PT 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 you 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.

Continued inside.

INNOVATIVE PT SOLUTIONS NOW PROVIDES AT HOME PHYSICAL THERAPY WITH TELEMEDICINE

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(315) 786-0655

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Physical Therapy Treatments Target Your Needs And 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 will also 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 At Physical Therapy

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.

If you want to improve your health, strength, and physical activity, Innovative Physical Therapy Solutions 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!

REQUEST FREE CONSULT



DEEP TISSUE LASER THERAPY



DID YOU KNOW DEEP TISSUE LASER THERAPY COULD HELP YOU BEAT YOUR PAINS?

Have you heard of laser therapy? While it may sound daunting, it is actually a great way to help alleviate pain and promote healing.

Laser therapy is a treatment offered at Innovative Physical Therapy Solutions for its safe, effective, and non-invasive way to treat pain and aid in the recovery of many conditions.

Laser treatments work by releasing photons into the tissues surrounding the affected area that is being treated. These photons help in relieving pain, energizing cells, and increasing circulation to the injured area.

If you are looking for laser therapy, contact Innovative Physical Therapy Solutions today! We'll set up a free consult for you and figure out whether or not this treatment method could help in reducing your pain.

REQUEST FREE CONSULT

Don't suffer in silence – find relief today.
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5 STAR REVIEWS

"Ashley is a very professional and knowledgeable physical therapist. *She fought my insurance company on my behalf to get me the much needed PT appointments. After 12 sessions with Ashley, my pelvic floor is stronger.* Ashley took the time to teach me a variety of exercises that, done daily, will continue to keep me healthy and youthful.

Thank you Ashley!"

-Charity S.

"I have been in physical therapy many times since my back surgery in 2007, and this has been the best therapy I have had. *The one-on-one is very important, which most do not offer.* The whole staff is very friendly and professional. And I received a tee shirt and a birthday card, how thoughtful!"

-Donna L.

Share your success story!
Click below to leave us a review.

LEAVE US A REVIEW



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!

ABDOMINAL BRACING WITH MARCHES

Start on your back. Bend both knees and place your feet flat on the ground. Gently tighten your core and bring one leg up to make an 'L' shape with your thigh and trunk.

Slowly return your leg to the floor and alternate. Gently hold your core tight the entire time. Hold for 20 seconds and repeat as instructed by your provider.



Innovative PT Coupons

FREE 15 MINUTE CONSULT FOR YOU OR FOR A FRIEND!

(315) 786-0655
CALL TO SCHEDULE TODAY!



316 Sherman Street, Watertown, NY 13601

Offer valid for the first 20 people to schedule.
Expires 1/15/24



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