ELEVATION'S 4 PHASES OF CARE

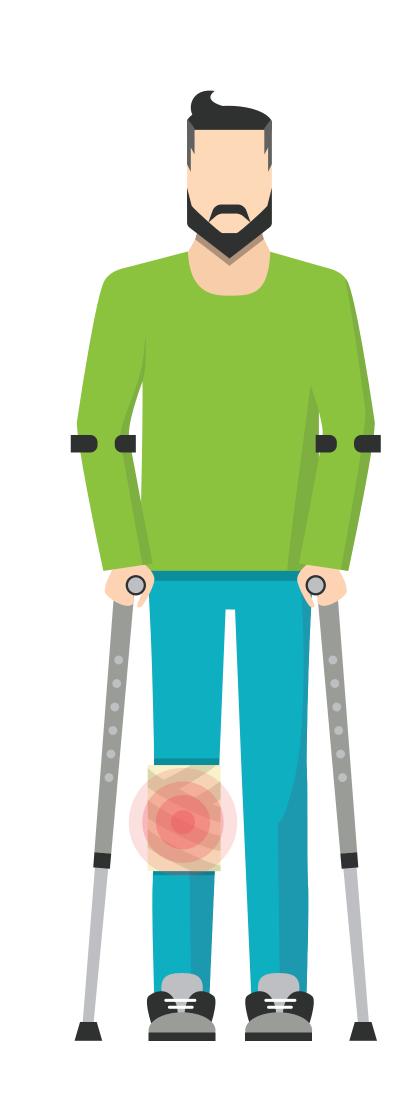


Patients generally have a singular goal when coming to physical therapy - Pain Relief! However, Elevation Physical Therapy's approach maps out a plan of care that is more than just pain relief.

PHASEI PAINRELIEF PHASE

In Phase I, we focus on reducing or eliminating the symptoms of pain and discomfort.

We initially focus in this area as it is commonly the primary reason that patients have decided to come to us for help.



PHASE II MOBILITY FLEXIBILITY PHASE

In Phase II, we focus on improving a patients general mobility and flexibility.

This is to make them more resilient and able to tolerate motion and movement without recreating the pain.



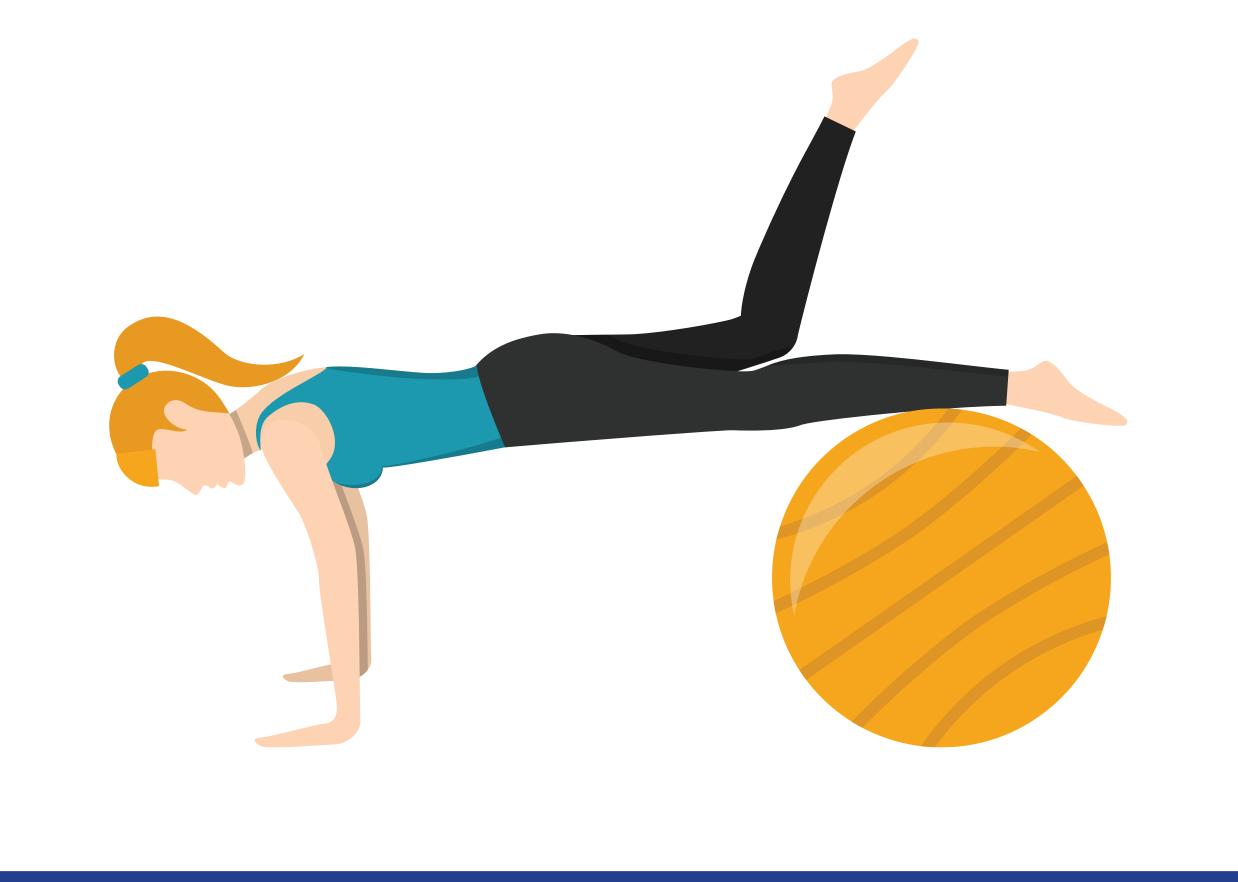
PHASE III STRENGTHENING & CORE STABILITY PHASE

In Phase III, we focus on improving strength. If problems are spine or pelvis related, we focus on core stability to protect and improve overall support. In cases related to arms and legs, we focus on strength and stability so that the body can perform without undue strain on the joints.



PHASE IV ENDURANCE & AEROBIC ENHANCEMENT PHASE

In Phase IV, we add activity to improve the body's overall endurance and aerobic condition. This could be strengthening of the core or extremities by using a low resistance with higher duration exercises. This approach is designed to improve your body's oxygen supply to the area and promote long-term healing.



Our practice has a very strong reputation for getting results.

Utilizing this approach to care, educating our patients, and tailoring our treatments as they progress lead to phenomenal outcomes.