

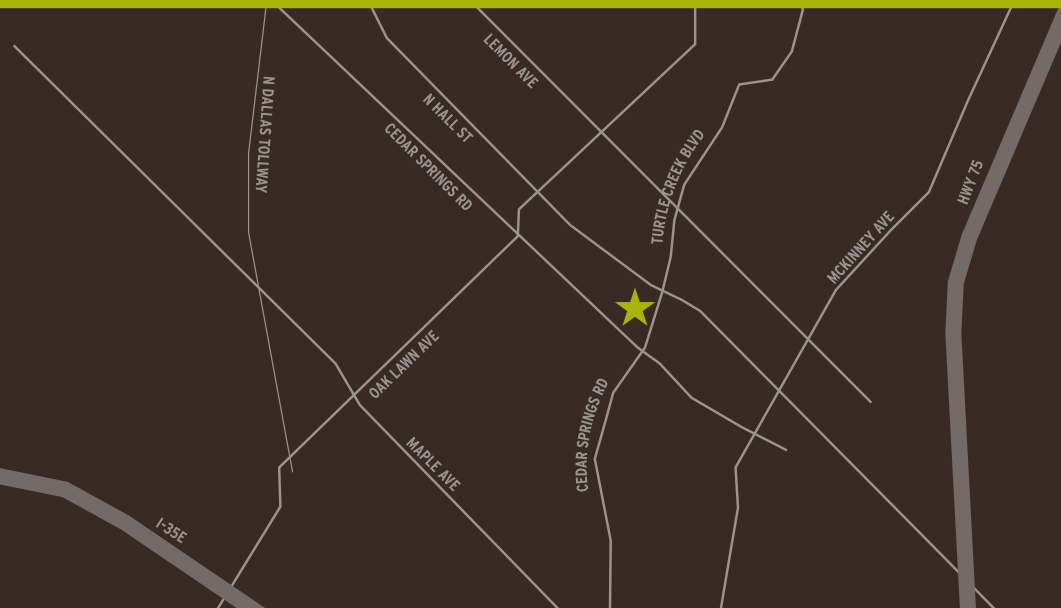


PHYSICAL THERAPY



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potential realized.



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development

design

direction



At 3DPT, we realize that most people come to us only when they're hurting in some way.

**And we're okay with that.**

Because once you're here, we can begin the journey back to you. To whatever feeling great means to you. Maybe you run marathons, or maybe you just have marathon days at work. We want to know what you consider a victory at the end of the day. And then we want to help you get there.



#### WHO WE ARE

In literal terms, 3DPT is an outpatient physical therapy clinic specializing in the evaluation, treatment and rehabilitation of individuals with musculoskeletal and movement disorders. But if we were sitting casually at dinner with you, we would tell you this: we are determined - no, obsessed - with finding the solution to the problem. Because just like no two people are alike, neither are their conditions and injuries. So to be completely honest, we go to what others might consider extremes. But so far, we haven't had any complaints from clients because they healed even better than they expected.

#### WHY WE ARE DIFFERENT

- Convenient hours of operation to work around your busy schedule.
- Friendly stress-reduced environment where you are treated by your physical therapist each visit.
- Thorough evaluation and treatment with emphasis on education on how to manage your condition independently.
- Frequency and duration of your visits are based on you and your situation. We don't prescribe programs. We design solutions.



#### THE 3 Ds

**Development:** We don't just want you to feel better. We want you to heal better. And to get to that end, we start at the very beginning. We want to understand fully your limitations and your goals. (There's that obsession again) We then educate you in regards to your specific diagnosis and tissue pathology, establish a prognosis for healing and set expectations required to achieve optimal function.

**Design:** The most constructive research-based treatment in the most cost-effective way. As a general rule, that's the result for which we strive. To the individual, that means we design a customized program based on specific tissue involvement, any biomechanical impairments, and your relative activities. We also make every attempt to design the program around your schedule.

**Direction:** We meet you where you are and take you where you need to be. It's that simple. Early functional activities are performed using specialized equipment for controlled loading to promote optimal healing through pain-free exercise. Yes, pain-free. We're betting you'd like to remember what that's like.

To learn more about our intake process and review accepted insurance plans visit our website at [www.3dphysicaltherapy.net](http://www.3dphysicaltherapy.net) or give us a call at 214-528-3DPT.