

# OUR MISSION

At Empower Physical Therapy, we help adults and children live optimally with scoliosis. We are a source of education, motivation, and compassion for patients and their families. Our approach focuses on early intervention, with exercises specific to spinal curve patterns. We improve posture, body mechanics, breathing capacity, strength, flexibility, and cosmetic appearance. Our treatments can also prevent (or delay) the need for surgery and reduce pain (if present). Our therapists have obtained specialized, advanced training in the Schroth Method to develop treatment programs at the highest level of expertise and insight.



**EMPOWER**  
PHYSICAL THERAPY

*Excellence. Compassion. Results.*

## SPECIALIZING IN SCOLIOSIS THERAPY:



**Andrea Yaktus**  
PT, DPT,  
Schroth C2 Cert

Doctorate of  
Physical Therapy  
Thomas Jefferson  
University of the Sciences

**Schroth C2 Certification**  
Barcelona Scoliosis  
Physical Therapy School



**Scoliosis**  
*A proven, therapeutic approach*

*From the trusted team at*



**EMPOWER**  
PHYSICAL THERAPY

*Excellence. Compassion. Results.*



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*Exercises, stretches and patient testimonials at*  
[www.youtube.com](https://www.youtube.com)  
Search "Empower Physical Therapy"

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Owner & President  
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Our mission  
is simple:  
**you, back  
in shape.**



Adolescent Idiopathic Scoliosis (AIS) affects an estimated 6 million children in the United States. Following many of the 600,000 scoliosis-related physician appointments made each year, 30,000 children are put into a brace and 38,000 patients undergo complex spinal fusion surgery.

### ***What if there was a better way?***


In the US, physical therapy has been underutilized for scoliosis. At Empower, we've seen the visible difference that the Schroth Method can make. With targeted therapy, we've transformed numerous spines and kept many patients out of the operating room.

### ***What is the Schroth Method?***

The Schroth Method of muscle education is the only form of treatment that directly addresses the complex, three-dimensional deformity of the spine and trunk. Through active muscle contraction and breathing, we reduce the postural deformity and promote muscular control to reduce progression of the spine's curve during growth spurts.

Children and adults can benefit from a deep understanding of their scoliosis and can play a proactive role in the health of their spine.

Our therapy for scoliosis is based on the principle that there is both a structural and a postural component:



**POSTURAL IMPROVEMENT**  
We alter the forces that act on the spine. When the posture is improved, the structural curve is less likely to worsen. This may be done in conjunction with bracing.

**STRUCTURAL IMPROVEMENT**  
To address the physical curve of the spine, specific exercises are taught and repetitively practiced in multiple positions to challenge the body. This helps the curve adapt to a new and better position.

## WHY EMPOWER?

- ▶ *All treatments are one-on-one, with the same therapist, in a private room*
- ▶ *A Pilates philosophy is incorporated into each treatment, emphasizing core and pelvic floor strength and stability*
- ▶ *State-of-the-art equipment for individual use or group classes*
- ▶ *Friendly staff offer support, obtain appropriate referrals, and explain benefits*
- ▶ *Convenient hours, 6 days a week*
- ▶ *A handicapped-accessible facility*



**WATCH:  
Olivia's Story**  
*Achieving a two-degree  
curve improvement*

[www.bit.ly/empowerolivia](http://www.bit.ly/empowerolivia)