OUR MISSION

At Empower Physical Therapy, we improve quality of life for patients. We aspire to hear your physical goals and to help you reach them. We are a source of education, motivation, and compassion for orthopedic conditions and the challenges they present to daily activities. We partner with the patient, their family, and medical staff for comprehensive healing. Our therapists have obtained specialized, advanced training to develop treatment programs at the highest level of expertise and insight. Our individualized plans are focused on ***results:*** *restoring confidence, control, function and independence.*

EMPOWER
PHYSICAL THERAPY
Excellence. Compassion. Results.

SPECIALIZING IN ORTHOPEDICS:

Theresa Feola
PT, WCS, PRPC

Gina Cunningham
PT, DPT, WCS

Andrea Yaktus
PT, DPT,
Schroth C2 Cert

Rachel Miller
PT, MSPT, WCS, CFMT

Exercises, tips, latest research and motivation at
facebook.com/
EmpowerPhysicalTherapy

Exercises, stretches and patient testimonials at
www.youtube.com
Search "Empower Physical Therapy"

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Rachel Miller
PT, MSPT, WCS, CFMT
Owner & President
Empower Physical Therapy

Orthopedic Rehabilitation

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Your strength is our specialty.

Let's work one-on-one to increase your abilities and restore your health.

Your individualized therapy treatments may include:

A comprehensive evaluation
Trigger-point release
Soft tissue work
Myofascial techniques
Joint mobilization
Therapeutic exercise
Core strengthening
Postural education
Body mechanics education
Relaxation techniques
Muscle re-education
Electrical stimulation
Ultrasound
Gait and balance training
Plyometrics and return to sport activities

"This is 360-degree caring. You helped me with very practical advice that was always on-point and relevant to everyday life, from how to get in and out of the car to techniques for playing with my kids. I can't say thank you enough."

Chuck H.
An Empowered Patient

You may benefit from
orthopedic therapy
if you have any of the following:

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*