

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.



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



*Exercises, stretches and
patient testimonials at*
**instagram.com/
empowerphysicaltherapy**



Orthopedic Rehabilitation

Empower Physical Therapy

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Exton, PA 19341

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www.empowerpa.com



Rachel Miller
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*Board-Certified Clinical Specialist
in Women's Health*

*Owner & President
Empower Physical Therapy*

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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, 5 days a week*
 - ▶ *A handicapped-accessible facility*
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