



## ActiveCare PT Inc.

PHYSICAL THERAPY

Pain is the great communicator, so we must listen to what the pain is telling us. Pain is a symptom, not a diagnosis. Mechanical Diagnosis and Therapy (MDT) abolishes the cause of pain, not just the symptom of pain. At ActiveCare we use the McKenzie method (MDT) and we are the only Certified McKenzie Clinic in the state of Ohio.

MDT utilizes repeated movements, sustained positions and posture to realign the spine to achieve the correct resting position of the spine. Often pain is a result of improper resting position in the spine that can produce pain when moving or at rest. The whole body approach of MDT also includes the treatment for arms and legs to restore function and become free of pain.

Pelvic floor physical therapy is also performed at ActiveCare to abolish pelvic pain, and any bowel and bladder dysfunction. If you have urinary urgency or frequency (during the day or night) pelvic floor physical therapy can help you achieve better bladder control. In addition, we provide analysis for proper running biomechanics for athletes ranging from the weekend warrior to the elite runner. Another service is a computerized state of the art balance system for fall prevention, post-concussion, or any balance issue.

ActiveCare is out of network with insurance companies. Out of network means ActiveCare can provide affordable physical therapy so you can focus on getting better. Payment for physical therapy is due on the day of your treatment. We have packages available to assist in keeping your cost down. We are grateful to have Jennifer as our patient advocate who provides a monthly claim form and coded invoice to submit to your insurance company. We recommend patients call their insurance company to ask what their out of network benefits are.

Good news! Claims for patients with Traditional Medicare Part B, with or without a secondary, are electronically submitted by Jennifer at ActiveCare.

Our mission is to use a patient centered approach to help you achieve your goals in the least amount of visits. Visit our website [www.activecareptinc.com](http://www.activecareptinc.com) to view patient testimonials and package pricing.

Thank you for choosing ActiveCare ~ There's Nothing Better Than Feeling Better ~

Keep on moving,

*S. Lowery PT, DPT, DipMDT*

Stephanie Lowery PT, DPT, DipMDT

*Sally Higgins, MPT, Cert. MDT*

Sally Higgins MPT, Cert. MDT