

# The REAL Newsletter

Time to get REAL luck this month!

Happy St. Patrick's Day!



The luck of the Irish is upon us and it's that time of the year to get REAL lucky and learn more about what you can do to become a healthier you! This month REAL Physical Therapy wants to educate our patients on what it means to come to REAL PT. The knowledge you gain about your own health and how to further improve your rehabilitation you will use for years to come. REAL Physical Therapy also invites you to the Family Health and Wellness Fair this March 29<sup>th</sup> to further educate you on Physical Therapy and all its wonderful benefits!

## Issue #7, March 2014

### News:

REAL Physical Therapy will be participating in the Family Health and Wellness Fair March 29<sup>th</sup>



How REAL luck begins with a REAL choice



Show me the REAL shamrocks!



## REAL luck begins with a REAL choice

### REAL choices lead to REAL knowledge

REAL Physical Therapy specializes in Orthopaedic Manual Physical Therapy, a “hands-on” treatment that consists of joint mobilization and manipulation to targeted joints, muscles and bones. These treatments help relieve pain and improve range of motion to the affected body part. We create patient-specific custom treatment plans that involve muscle stretching, passive movements and resistance training to strengthen both the tissues and muscles affected. Our Fellowship trained Physical Therapists have gone through years of post-professional education designed to elevate clinical knowledge to incorporate evidence-based integration of thrust and non-thrust manipulation and other advanced manual therapy techniques, which make our Physical Therapists elite experts in their field. Making the choice to come to REAL Physical Therapy, you are placing your health at the hands of experts that are guaranteed to help you achieve your rehabilitation goals, teach you ways to prevent further injury, treat the cause-of-the-cause and get you back to your REAL self.



### REAL participants

REAL Physical Therapy will be participating in the Family Health and Wellness Fair hosted by the Institute For Women’s Health and Northeast Pediatric Associates. The fair will take place Saturday March 29, 2014 at Hardy Oak Medical Pavilion, 18707 Hardy Oak Blvd. – Parking Lot 10 am to 1 pm. This fair will consist of complimentary health screenings for all ages and information booths from all participants. Come out, have fun with your family and learn more about what REAL Physical Therapy can do for your health!



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Don't forget to share your REAL experiences with others:

