

Let our **EXPERIENCED** staff help you.

Are you suffering from:

Shoulder/Rotator Cuff Injuries

Total Joint Replacement

Sports Related Injuries

Arthritis Pain

Dance Related Injuries

Incontinence/Pelvic Pain

Tailbone Pain

Headaches

Neck or Back pain

Abdominal Pain

Neuropathy

Fibromyalgia

Dizziness/Vertigo


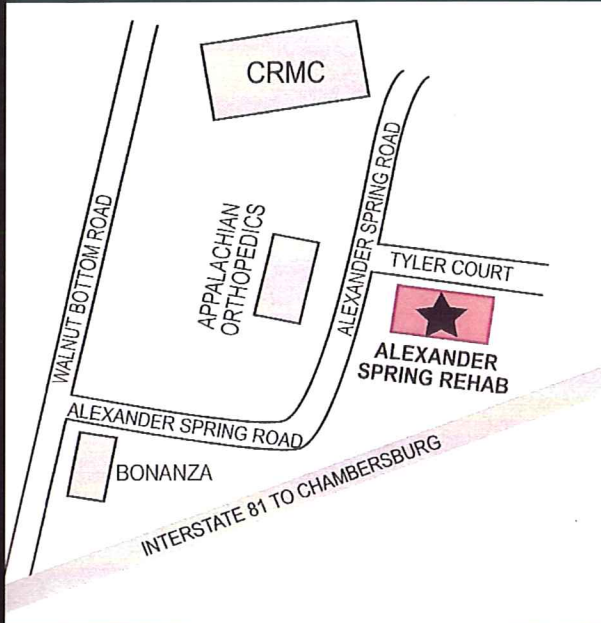
Scar Pain

Joint or Muscle Pain

Lymphedema

In some instances, you *may* be able to come to physical therapy for 30 days by self-referral.

We participate with most insurances. Please call with specific questions.



ALEXANDER SPRING REHAB
1 Tyler Court, Suite 200
Carlisle, PA 17015

HOURS: Monday thru Friday
7:00AM to 7:00PM

Phone 717-245-2341
Fax 717-245-9672
alexanderspringrehab.com

**PHYSICAL
THERAPY**

The ASR difference:

Personalized Treatment

Advanced Manual Skills

Experienced Staff

Friendly Facility

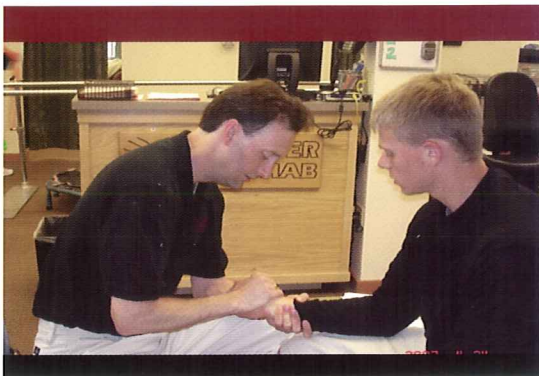
Up-to-Date Techniques



**ALEXANDER
SPRING REHAB**

*INDIVIDUAL SOLUTIONS FOR
EVERY BODY*

717-245-2341



Sports Related Injuries

- 22 Years Sports Medicine Experience
- Individualized programs to help athletes return to play
- Proper biomechanics of pitching and batting
- Stabilization exercise
- Isokinetic exercise
- ACL Rehab with KT1000 Test
- Dance Therapy
- Videotaped golf swing analysis

Total Joint Replacement

- Total knee replacement
- Hip Replacement
- Whole body approach—surrounding joints influence other body parts
- Edema Control
- Gait and balance training
- Treatment of restricting scar tissue

Chronic/Complex Pain Syndromes

The key to success . . . Alexander Spring Rehab's talented and very experienced staff. Our clinicians have advanced manual skills with a whole body approach to help you recover quickly. They continue to attend education programs each year to treat you with the most scientific, modern techniques.

Lymphedema



Patricia Grier, P.T., LLCC
Certified in Lymphedema Management

- Decrease swelling in legs, arms and trunk
- Teaching for self improvement
- Improve shoulder motion after lumpectomy or mastectomy

Injured on the Job?/ Motor Vehicle Accident

- Panel provider for many corporations
- Happy to work with your case manager
- Core stabilization
- Body mechanics training
- Pain and spasm control to restore motion and strength
- McKenzie Technique for spinal pain

Soft Tissue/ Scar Pain

Scar tissue interferes with joint mobility and muscle function and can be treated with gentle advanced manual skills.

- Abdominal surgeries
- Post Mastectomy
- Cardiac surgeries (CABG)
- Treatment of sensitive/painful scars
- Improve lower abdominal muscle function after C-section
- Improved posture following back surgery

Women's Health Program

- Prenatal/postpartum Back Pain
- Osteoporosis • Pelvic Pain
- Urinary Frequency • Incontinence
- Pelvic floor strengthening in women for back pain
- Tailbone pain is treatable

