

CHRONIC OR RECURRING PROBLEMS

If you suffer from chronic or recurring pain or dysfunction, InMotion Physical Therapy may be able to put you in control of your prevention and relief.

Neck Pain	Tendonitis/Bursitis
Back Pain	Arthritis Pain
Joint Dysfunction	Fibromyalgia
Headaches	Vertigo
Balance Difficulties / Altered Gait	

RECENT INJURIES & RECENT SURGERIES

If you have suffered a recent injury, InMotion Physical Therapy can help make sure that you recover quickly and minimize potential long-term problems.

- Motor Vehicle Accidents
- Rehabilitation after Orthopedic Surgery
- Sports Injuries
- Work Injuries

From Pediatric to Geriatric

Quick Scheduling

Unparalleled Dedication to Our Patients

Friendly and Effective

Physical Therapy Locations in Brainerd & Baxter

(see back)

InMotion
PHYSICAL THERAPY & FITNESS

15860 Audubon Way
Baxter, MN 56425
Phone: 218-454-0088
Fax: 218-454-0086

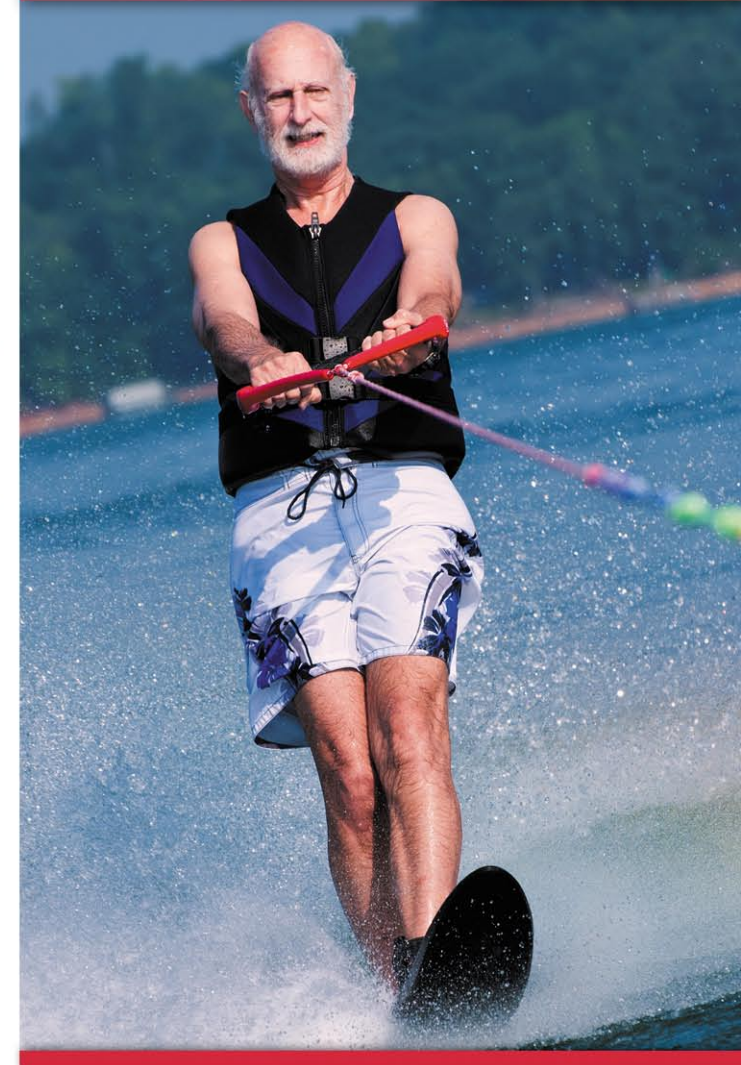
1927 South 6th St
Brainerd, MN 56401
Phone: 218-855-0806
Fax: 218-855-0737

www.InMotionMN.com



Take control of your health and ability.

We'll show you how.



InMotion
PHYSICAL THERAPY & FITNESS

"Your Friendly and Effective Therapy Team"



HOW WE HELP

We offer a wide spectrum of comprehensive and advanced physical therapy treatment options. We begin with a thorough assessment that identifies all physical factors contributing to your problem (not just the area of pain). Then we design a multimodal treatment plan with concrete goals and clear time frames. Treatment often begins with manual therapy and targeted stretching to initiate productive movement in your problem areas. We may use any of a number of modalities such as thermal agents, ultrasound, electrical stimulation, or iontophoresis. We teach you straightforward exercises that get right to the heart of your complaint. Over the course of a few visits, we monitor your improving condition and progress your treatment. We also help evaluate contributing factors from your environment and activities (e.g. your sports technique, your work station setup, your shoes, etc.). We conclude every treatment plan by teaching you some specific exercises or other things you can do long term. Ultimately, InMotion Physical Therapy works to empower you to independently manage your own health and ability.

THE INMOTION DIFFERENCE

InMotion Physical Therapy is a private independent provider owned by physical therapists. Our patients and the doctors in our area often describe us as the nice guys in town. That could be because we are just nice guys. Or, it could be because we know that no corporate affiliation will guarantee new patients for us. We have to work hard to earn your trust and your business, and we are always grateful to receive it. We treat each and every patient as if our business depends on our service that day, because it does.

IN NETWORK

InMotion is in network with most major insurance companies. We take these insurances and more:

Blue Cross / Blue Shield, Medica, UCare,
HealthPartners, PreferredOne, Humana, MA,
South Country Health Alliance, UnitedHealthcare,
Medicare, Home / Auto Insurance
Worker's Compensation
Subject to change. Call to verify.

www.INMOTIONMN.COM

HOW TO GET STARTED

Call us to have a brief telephone conversation with one of our physical therapists. We'll let you know if we think we might be able to help. Many insurance companies allow you to see your physical therapist without a referral. However, some insurance companies require a prescription from your physician, physician assistant, or nurse practitioner. If you need a prescription, we will help coordinate this with your healthcare provider.

Don't let pain or dysfunction get the better of you. Call InMotion today.

Brainerd: 218-855-0806

Baxter: 218-454-0088

Pictured above left to right: Mike Carey DPT and Ryan Carey DPT
Pictured below: InMotion Physical Therapy & Fitness in Baxter

