

*What do we offer at
Rehabilitation Works?*

Experience!

*Our physical therapists have enjoyed
working with knees in
this community since
1986.*



Skilled Manual Therapy!

*Knowing how the joint is supposed to
move and helping to achieve that
movement though gentle techniques.*



**Call Today:
269-343-7100**

Independently Owned

Certified Rehabilitation Agency

Est. 1986

**Services Include
Physical, Occupational & Speech Therapies
Pediatric thru Adult:**

**Our therapists take the time to work with
you and your family on an individual
basis. Together, we strive to achieve the
goals that matter most in your life.**

The Choice Is Yours!

**Rehabilitation Works
303 Balch Street
Kalamazoo, MI 49001
Ph: 269-343-7100
Fax: 269-343-1330**

www.rehabilitation-works.com

*We participate with a majority of insurances
including Medicare.
We also offer a self-pay option.*

Rehabilitation Works

*Physical, Occupational, and
Speech Therapy*

Kalamazoo Knees



Physical Therapy

**Reduce
Recovery Time**

After Knee Injury!

Physical therapy is often beneficial for patients suffering from knee pain related to minor sprains, strains, wear, or tears.



Sometimes practicing just a few targeted exercises each week is enough to restore full function and mobility to the knee joint.

After Knee Surgery!

Physical therapists are knowledgeable about surgical procedures and treatment goals, and can tailor their efforts to improve your knee function.

Therapy is guided by the surgeon's protocols to ensure a successful outcome.

Scar Tissue Releases:

Involves a stretch or release of the scar tissue in order to increase movement, decrease pain and more importantly to some patients, improve aesthetic appearance.



Therapeutic Exercise:

Physical therapists work with you to determine what exercises you should be doing and making sure you are performing them correctly. By creating a specific exercise program you are sure to strengthen appropriate muscles and heal more quickly.



Therapeutic Activities:

Knowing how to perform normal 'daily activities' without further injury, is important for getting you back to work or play as soon as possible.

Stretching

Tight Muscles and Joints:

Stretching is vital in maintaining good range of motion of joints and the flexibility of muscles. If you have stiff joints or tight muscles, normal activities, such as climbing stairs or reaching overhead, can be severely affected. With proper stretching, these functions can be preserved.



Other Treatment Tools

We also use a variety of devices to help patients: relax, strengthen muscles, decrease swelling, improve blood or lymph flow, decrease pain, and reduce recovery time.

The choice is yours!

www.rehabilitation-works.com