

*What do we offer at
Rehabilitation Works?*

Experience!

Over 40 years of combined
experience working with
Myofascial
Release
Techniques



- ❖ *Have you tried conventional Physical Therapy without lasting results?*
- ❖ *Do you describe your discomfort as stiffness, tightness or ache?*
- ❖ *Do you take medication for pain daily?*

We Can Help You!!!

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.*

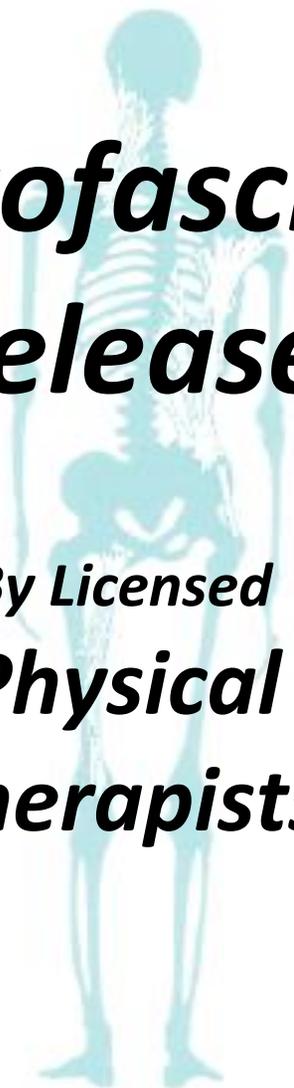
We also offer a self-pay option.

***Rehabilitation
Works***

*Physical, Occupational, and
Speech Therapy*

***Myofascial
Release***

***By Licensed
Physical
Therapists***



What is...?

..Fascia is a tough connective tissue which spreads throughout the body in a three-dimensional web from head to foot without interruption.

Trauma, postural habits, or inflammation can create restrictions within the fascia resulting in excessive pressure on nerves, muscles, blood vessels, bones, and/or organs.



..Myofascial Release

consists of the application of sustained guided pressure into the fascial restrictions.

A gentle pressure applied correctly in the precise direction will allow fascia to relax and elongate.



..Scar Tissue Release involves a direct stretch or release of the tissues in order to increase mobility and function, decrease pain and more importantly to some patients, improve aesthetic appearance.



Other Treatment Tools

Here at Rehabilitation Works we also use a variety of devices to help patients relax, strengthen muscles, decrease swelling, improve blood or lymph flow, decrease pain, and reduce healing time.

Stretching is vital in maintaining and improving the fascia length and mobility.



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.

The choice is yours!

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