



**PROVIDING GREAT CARE AND PROGRESSIVE TECHNIQUES IN REHABILITATION SINCE 2004**

**(209) 216-3360 TURLOCK**  
**(209) 537-3900 CERES**

**TOWER INSIDER: PATIENT NEWSLETTER** **JANUARY 20, 2019**

## **NEW YEAR, NEW BUILDING**

**Exciting News!**



Tower Physical Therapy is the now the home of TWO SFMA LEVEL 1 Certified physical therapists. Alan Mallory (Ceres) and Kyle Radach (Turlock) are two of only three clinicians in the Central Valley who with this certification. The Selective Functional Movement Assessment is a movement based diagnostic system which works to find the cause of pain - not just the source - by logically breaking down dysfunctional movement patterns in a structured, repeatable assessment.



*Photo Courtesy: Tower Health and Wellness Center*

After 14 years in our current location, Tower Physical Therapy is excited to share that we are transitioning to a larger building! With an anticipated Summer 2019 opening, Tower Physical Therapy will be moving to the newly constructed expansion building located in the parking lot behind our current home! The new building and gym will feature state of the art equipment with our same great team of therapists and aides as well as a consistent commitment to excellent care.



**TOWER PT STAFF HOLIDAY PARTY 2018**

# TOWER PHYSICAL THERAPY



1801 Colorado Avenue Suite #260  
Turlock, CA 95382  
1768 Mitchell Road Suite #305  
Ceres, CA 95307



209-216-3360 Turlock  
209-537-3900 Ceres

[TOWERPT.COM](http://TOWERPT.COM)



*From the Owners:*

*As we begin the new year, we want to thank you for a great 14+ years! We look forward to 2019 and all the new, exciting changes it will bring. Look for the Grand Opening of our new building, our quarterly newsletters, and other new services at Tower PT!*

*-Kristen Payne & Chris Stempson*



## Patient Spotlight

"Having nine orthopedic surgeries in the past three years found me spending countless hours at Tower Physical Therapy. Chris, Kristen, Mario and Ashlee could not have been kinder. They explained every exercise that they wanted me to do, then watched me like a hawk, and gently corrected me when I made the smallest error. They were very professional, patient, and loving when I was discouraged because I felt so terribly broken.

With their expertise and excellent care,  
Tower Physical Therapy gave me my life back."

-- Louann Young



# TOWER PHYSICAL THERAPY



Our Ceres clinic is currently scheduling patients' first visits within **TWO DAYS** of first contact. That's fast! The sooner we get you in, the sooner you start feeling better! Call today: **209-537-3900.**