



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

**(209) 216-3360 TURLOCK**

**(209) 537-3900 CERES**

**TOWER INSIDER: PATIENT NEWSLETTER**

**AUGUST 19, 2019**



After 14 years in our Turlock location, Tower Physical Therapy is excited to share that we have transitioned to a larger building! Open July 8, 2019 - Tower Physical Therapy has moved to the newly constructed expansion building located in the parking lot behind our previous home. The new building features an expansive gym, more patient rooms, and state of the art equipment - all with our same great team of therapists and aides as well as a consistent commitment to excellent care. We are eager to share our new space with you - call 209-216-3360 today to schedule an appointment!



*A look back at our fresh faced co-owners Chris Stempson and Kristen Payne as they opened our first Tower location in 2005.*

## **TOWER PHYSICAL THERAPY**



1801 Colorado Avenue Bldg 2 Suite #320 Turlock, CA 95382  
1768 Mitchell Road Suite #305 Ceres, CA 95307



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

**TOWERPT.COM**



# ESSENTIAL EXERCISE

Try this exercise to relieve back pain. Lie on your back with knees bent and feet hip distance apart. Inhale and lift the hips off the ground. Keep chest open. Return hips to ground. Perform 3 sets of 10.



I was finally able to play sand volleyball yesterday and it went well! No glitches with the knee! I'm sore today but not in a bad way. Just thought I'd give you an update and kudos for your attention to me and my knee. Thank you; I'm very encouraged by how it felt all evening.  
Keith L. - Verified Patient



## TOWER TESTIMONIAL

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## HAS YOUR PAIN RETURNED?

- GIVE US A CALL! ASK TO SPEAK TO YOUR THERAPIST.
- YOUR THERAPIST CAN HELP DETERMINE WHY THE PAIN HAS RETURNED AND SUGGEST ACTIONS YOU CAN DO AT HOME.
- YOUR THERAPIST MAY RECOMMEND RETURNING TO THE CLINIC FOR FURTHER ASSESSMENT AND TREATMENT.

### Clinic Services Include:

- Therapeutic exercise
- Pre-work/Post Offer Lift Testing
- Manual/Hands-On Therapy
- Conditioning/Reconditioning
- Soft tissue mobilization/Myofascial release techniques
- Sport performance training
- Posture/Ergonomic assessment
- Neurological Re-education
- Instrument-assisted soft tissue mobilization
- Movement Re-training
- Modalities including: electrical stimulation, ultrasound, paraffin wax, heat and cryotherapy

## WE WANT TO HELP!

MANY PATIENTS ARE REFERRED TO PHYSICAL THERAPY BY THEIR PHYSICIAN; BUT DID YOU KNOW A LICENSED PHYSICAL THERAPIST CAN GIVE EVALUATIONS WITHOUT A REFERRAL OR A PRESCRIPTION?

WE ACCEPT MOST INSURANCES BUT WE ALSO HAVE A CASH PAY OPTION. CALL 209-216-3360 TO BOOK AN APPOINTMENT TODAY!