



PROVIDING GREAT CARE AND PROGRESSIVE
TECHNIQUES IN REHABILITATION SINCE 2004

(209) 216-3360 TURLOCK

(209) 537-3900 CERES

TOWER INSIDER: PATIENT NEWSLETTER

JUNE 29, 2020

TOWER PT IS HERE FOR YOU!

Life has changed for all of us - there is no denying. We at Tower Physical Therapy want to assure our patients that your health and safety remain our highest priorities. We will continue to provide the exceptional health care services we have always offered to the patients of Tower PT. If you have specific questions not addressed here or on our website, reach out to us. We're always available to answer your questions



and respond to any concerns. For those patients that chose to stay home the past few months, please know we are here for you whenever you are ready. We can provide a private treatment room for the duration of your visit. We are thankful our 5000 sq ft. facility allows us to socially distance patients as needed. Our clients have always been the heart of our company. We're grateful for your ongoing support. Our best to you always - **Chris & Kristen**

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

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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
- Myofascial decompression (cupping)
- Movement Re-training
- Modalities including: electrical stimulation, ultrasound, paraffin wax, heat and cryotherapy

LET'S BE SOCIAL!



@TOWERPHYSICALTHERAPY



@TOWER_PHYSICALTHERAPY

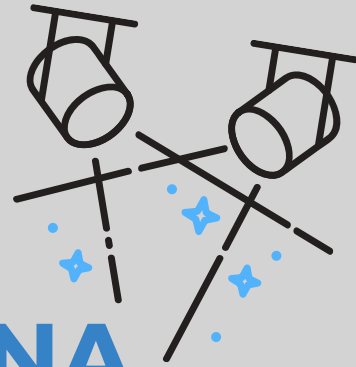
FOLLOW US AND TAG YOUR PHOTOS!

WELCOME

CJ Mooneyham PT, DPT

Join us in welcoming CJ to our Turlock clinic! CJ Mooneyham graduated from CSU Stanislaus in 2014 with a B.A. in Kinesiology. He then went on to the University of the Pacific, earning his Doctorate of Physical Therapy in 2016. CJ later moved to Santa Rosa and worked in an outpatient clinic that focused on manual therapy and treating elite athletes. He found his way back to his hometown of Turlock in 2017. CJ races and rides bicycles for a local cycling club. He and his girlfriend, Grace Parker, are also dog parents to a rescue named Charlie.

PATIENT SPOTLIGHT



AMY REYNA

"I had right shoulder surgery and was sent to you all for therapy. Right away felt good about going. The atmosphere and the staff made me feel comfortable and confident that I could do what I needed to do to heal. Mario made a big impression on me. His humor and professional manner mixed with the staff made my recovery pleasant. I can say I have full mobility and range of motion now. I give the credit to you all as a team. Thank you so much!"

