

What's New at The Pilates Point Studio?

3415 Mendon Road - Cumberland, RI 02864

Francis J.

GEORGE PHYSICAL THERAPY
& Associates, Inc.



We are now offering PT services with a focus on Fascial Counterstrain at The Pilates Point Studio.

Fascial Counterstrain(FCS) is a cutting edge, painless manual therapy technique that effectively decreases pain and facilitates return to function. This treatment targets fascia, which is the primary connective tissue found throughout the body. Inflammation from trauma, strain, disease or stress can all trigger a fascial response that can lead to pain and dysfunction.

Fascial Counterstrain is more than symptom relief.

This treatment is designed to alleviate fascial dysfunction by draining or removing trapped inflammation as we assess and treat specific tender points in order to create an environment in the body that is conducive to healing the root cause of pain, whether acute or chronic.


Fascial Counterstrain can help provide relief from:

Adhesive Capsulitis Athletic
Anxiety Disorders
Bell's Palsy
Brain Fog
Breathing Issues
Bunions
Chronic Fatigue Syndrome
Chronic Pain
Degenerative Disc Disease
Disc Bulges & Herniations
Fibromyalgia
Headaches
Idiopathic Neuropathy
Joint Replacements
Lower Back Pain

Lyme Disease
Meniscus Tears/Repairs
Muscle Strains/Tears
Myofascial Pain Syndrome
Neck Pain
Osteoarthritis (all areas)
Plantar Fasciitis
Rotator Cuff tears/repairs
Sciatica
Shoulder Bursitis
Sports Performance
Sprained/Torn Ligaments
Tendinitis
Thoracic Outlet Syndrome
TMJ Dysfunction


Schedule your appointment today


Karen George Lyles, Owner/PT

 (401) 617-2287

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Theresa Hobson, PT

 (508) 930-7228

 Treehobsonpt@gmail.com

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Clinicians

Karen George Lyles, Owner/PT
Theresa Hobson, PT

Karen and Theresa graduated from Northeastern University in 1990 and have worked as Physical Therapists for 32 years. Besides their extensive therapy experience, they have recently been training in FCS and are excited to share its results with clients in our community.

We are out of network providers therefore health insurance is not accepted.


Our services are FSA/HSA eligible.


Initial Evaluation - \$100

Introductory Treatment Rate - \$80


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