

Phoenix

Physical Therapy

Chronic Pain Management



Phoenix Physical Therapy has the tools you need to treat your pain.

If you are suffering from a pain condition and need help, we can develop a pain management program specifically for you. Our therapists are highly trained in pain management techniques, and can recommend many options for treatment that can be remarkably effective in bringing long-term relief.

We focus on:

- ▲ Stress Management
- ▲ Sleep Hygiene Education
- ▲ Pain Education
- ▲ Problem Solving by Using the Your Strengths
- ▲ Getting You Back to Enjoying Life

Physical therapy for chronic pain management is often recommended instead of risky, expensive surgeries and medications that can cause unwelcomed side effects. PT for pain can reduce your overall healthcare costs, lower the probability you will need opioid pain medication to find relief and reduce the likelihood you will need surgery.

Our individualized treatment programs:

- Strengthen Joints and Muscles
- Improve Flexibility
- Enhance Other Body Functions and Your Overall Health

phoenixphysicaltherapy.com

Recover. Recharge. Rise®.