

# SPINE & BACK THERAPY

PUT YOUR  
BACK PAIN  
BEHIND YOU.



*Agility* Physical Therapy & Sports Performance

Physical Therapy & Sports Performance 

# GET BACK IN ACTION.

Don't let back or neck pain keep you sidelined any longer. Our expert staff has extensive training in manual therapy, as well as the McKenzie Method, a cutting-edge assessment procedure proven to be as reliable and effective as more costly diagnostic tests (X-rays, MRI's, etc.).

## **Physical Therapy: TEAM AGILITY**

Our expert staff takes a comprehensive approach to treating each person as an individual. With over 125 years of combined experience, our goal is to optimize functional return to whatever the desired activity. Our staff utilizes an eclectic approach to help each patient achieve their rehab goals.

### **Our Approach**

- McKenzie Method for evaluation and treatment of spinal disorders
- Manual therapy for headaches, pelvic pain, cervical, thoracic, lumbar spine, and SI joint dysfunctions
- Radicular and discogenic related problems
- Manipulative techniques (Osteopathic approach)
- Mobilization with Movements (Mulligan's)
- Myofascial and active release techniques
- Muscle energy & Strain/Counter-Strain
- UQ and LQ Neurogenic Inflammation management

### **Our Expert Staff**

- Board Certified Clinical Specialists in Orthopedics (OCS) and Sports (SCS) Physical Therapy
- Fellow of the American Academy of Orthopedic Manual Physical Therapist (FAAOMPT)
- McKenzie, manual therapy and manipulative trained physical therapists
- Certified Golf Fitness Instructor (Titleist Performance Institute)



agilitysportsmedicine.com

#### **Portage Location**

6016 Lovers Lane, Ste 3, Portage, MI 49002  
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#### **Kalamazoo Location**

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