

PHYSICAL THERAPY SERVICES

A physical therapist can evaluate your injury and determine what treatment approach will assist you in regaining pain free movement, strength, and flexibility. **Pure Austin Physical Therapy** offers a variety of treatments and services such as manual therapy, postural assessment, sports rehab and video analysis for runners and cyclists. Best of all, we take medical insurance and will submit your claims for you.

MANUAL THERAPY

- Myofascial release
- Massage and deep tissue work
- Joint mobilization
- Stretching and flexibility training

SPORTS REHAB

- Specialty working with triathletes and active adults
- Post-operative rehab
- Aggressive guidance back to competitive play
- Biomechanical analysis and correction

MUSCLE IMBALANCE ASSESSMENT

- Evaluation of muscle strength deficits
- Flexibility assessment
- Determine imbalances that reinforce repetitive injuries

VIDEO ANALYSIS (Running and Cycling)

- Postural assessment
- Shoe analysis and recommendation
- Cycling fit assessment
- Video analysis with Pro Trainer software technology
- Personalized exercise prescription
- Personal video analysis results
- \$100 for two 1 hour sessions

TREATMENT SESSIONS

- Medical Insurance accepted (call for our insurance carrier list)
- Cash pay sessions \$100/hour

HOURS OF OPERATION

Tuesday 9:00am-6:00pm
Thursday 9:00am-6:00pm

To set up an appointment, please call the front desk staff at 342-2200.