

# PHYSICAL THERAPY at MCO

Physical therapy is all about **movement health**. How is yours? Do you move well or is there something about movement that is causing you pain? What is holding you back from the things you want and need to do? We can help!

## Therapy Menu

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### Movement Assessment and Screening

Your Physical Therapist will use these to determine your movement-related issues and explain how deficiencies here may be holding you back.

### 3D Motion Analysis

Used for balance and gait assessment, training or to objectify your movement and track progress.

### Manual Therapy

Does something need to stretch, pop or glide? Manual therapy encompasses a variety of treatments to improve mobility and decrease stress with movement.

### Cellular Respiration Analytics or CRA

Exercise is not the same for everyone– it's unique... like you! We can tailor it to your *Individual Metabolism*, maximizing progress and results.

### Balance and Control

Balance and Control are synonymous with Coordination or Efficiency of Movement. Improvements here benefit every aspect of motion.

### Goal Setting

Goals keep us focused on the finish line. We tailor treatment to meet your individualized needs.

## Non-Therapy Self-Pay Options

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On-site Massage Therapy

Nutrition Management

Integrated Wellness Center

Group Fitness and Performance Classes

Individual and Small Group Personal Training

DEXA (Body Composition Imaging)

Interested in moving better?

Call (309) 663-6567 to schedule a visit.

## Therapy A La Carte

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### Breathing

Did you know there are wrong ways to breathe? How important do you think breathing is? We can't live without it!

### Aquatic Therapy

Come on in- the water is warm! Aquatics are a great way to decrease pain, unload joints and increase movement in a stress-free environment.

### Pain Neuroscience Education

Pain is very complex. KNOW pain.. KNOW gain!

### Sleep-Hygiene

This is how our body recovers. Are you recovering well? Free naps every Sunday 11:00am–1:00pm.

### Strength Training and Coaching

Building strength is an excellent way to be more resilient to the day-to-day physical demands of your life.

### Work Conditioning

Get back to work stronger than ever with an individualized and job-specific focus.

### Return to Play

Bridge the gap between therapy and competition with a sports-specific focus.

### Modalities

Hot stuff, cold stuff, and magic wands can help ease the pain away. These treatments offer a window to get movement started.

### Traction

A great way to decompress and unload the spine prior to moving.

### Humor

Ask your PT about their stand-up comedy career. Free shows beginning at 6:00am Monday–Friday. 18% gratuity added for parties of 3 or more.

Mclean County Orthopedics  
Physical Therapy  
1111 Trinity Lane, Suite 111  
Bloomington, IL 61704

