



### **RESTORE FUNCTION AND INDEPENDENCE**

When daily life is adversely affected through aging, trauma, disease, or chronic pain, Physical Therapy can help you regain strength and skills, restore function, and maximize quality of life.

### **FREE 15 MINUTE SCREENINGS**

If you feel you may need Physical Therapy, contact us to schedule a free consultation.

### **FREE FALL & BALANCE ASSESSMENTS**

If you experience loss of balance, frequent falls, or feel you may be at risk for either, call us to schedule a free assessment.

A free assessment is offered to determine if Physical Therapy is appropriate for your condition. If either are deemed necessary, your physician will be contacted.

### **RENUE 60 PROGRAM**

Upon completion of our one-on-one personalized therapy regimen, we offer our patients FREE extended access to our facility and equipment for 60 days from the discharge date as motivation to continue a healthy lifestyle. Ask your therapist for more information on this program.

### **McLaren Caro Region Renue Physical Therapy**

465 N. Hooper Street  
Caro, Michigan 48723  
(989) 672-5112

### ***Physical Therapy Hours:***

Monday - Friday  
7:00 am - 4:30 pm



CARO REGION

[www.mclaren.org/caroregion](http://www.mclaren.org/caroregion)



[www.renuopt.com](http://www.renuopt.com)



*Hands-on, Patient-centered*

# PHYSICAL THERAPY



CARO REGION





## PHYSICAL THERAPY

Therapy services can help reduce pain and restore function and independence for those who have undergone surgery, suffered an injury, are recovering from serious illness, or are coping with a chronic condition.

Treatment begins with a physician's prescription and a comprehensive evaluation by an experienced therapist who will work with the patient on a specific care plan.

Physical Therapy focuses on improving movement and function, reducing pain, and increasing independence for people of all ages. Physical Therapy treats a variety of conditions and diagnoses, including, but not limited to:

- Back and neck pain relief and prevention
- Strains, sprains, and fractures
- Arthritis
- Balance and vestibular problems
- Repetitive stress injuries
- Tendinitis
- Strength and range of movement therapies
- Migraine reduction techniques
- Vertigo, dizziness, and balance therapy
- Pre- and post-operative total joint replacement training
- Plantar fasciitis



## PELVIC & WOMEN'S HEALTH

Many pelvic floor conditions can be managed and healed without surgery.



**KAYLA SAHR, PT, DPT**  
Pelvic Floor Specialist

Seeing a physical therapist who is trained as a pelvic floor therapist may help you better understand your symptoms and design a personalized program to help alleviate your pelvic discomfort or pain by re-training and strengthening your muscles.

Pelvic Floor Specialist Kayla Sahr, PT, DPT is trained to be sensitive to how personal and intimate these topics and this part of your body can be. The therapist will then evaluate your posture, back, and hips, while explaining what they are noticing and how PT can help.



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