

What is *Physical Therapy*?

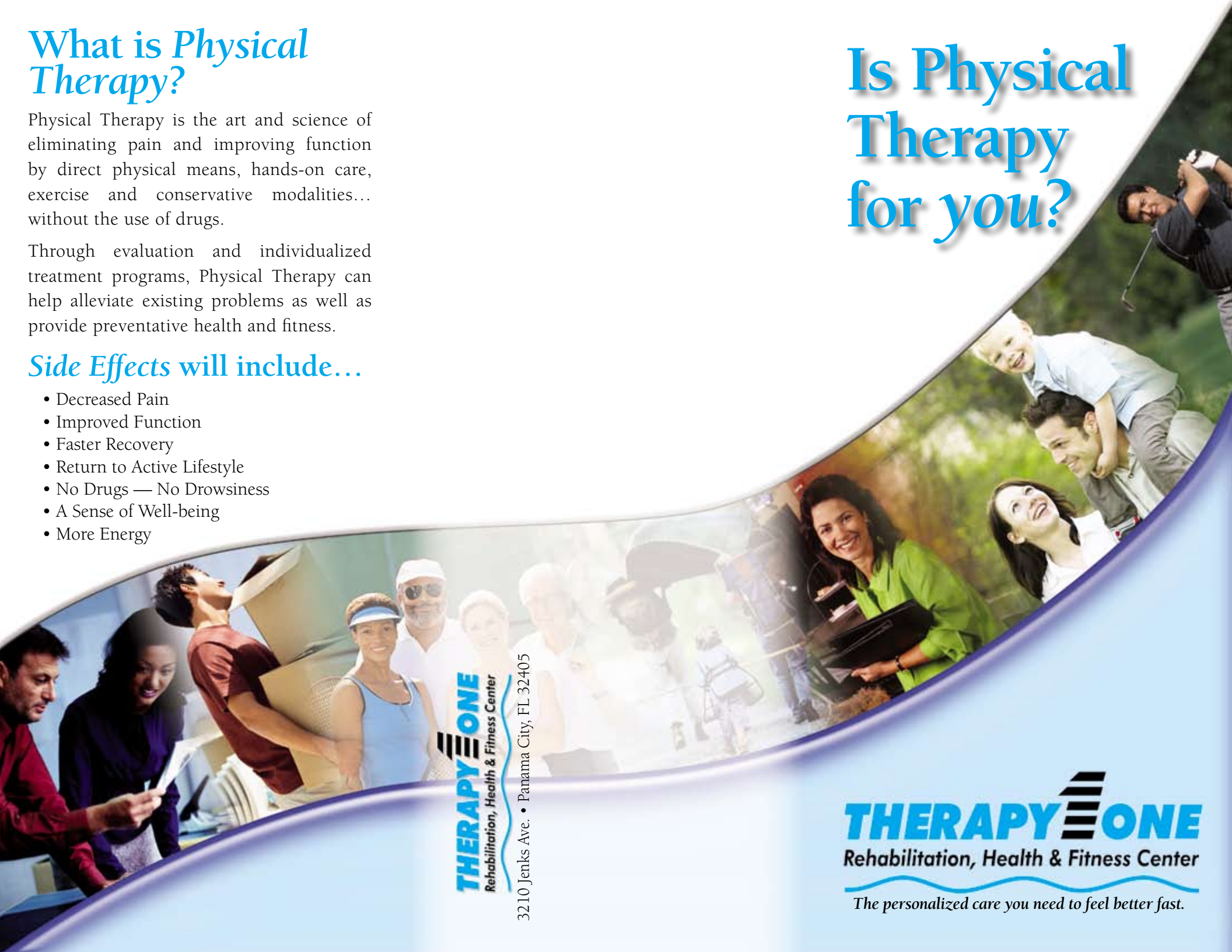
Physical Therapy is the art and science of eliminating pain and improving function by direct physical means, hands-on care, exercise and conservative modalities... without the use of drugs.

Through evaluation and individualized treatment programs, Physical Therapy can help alleviate existing problems as well as provide preventative health and fitness.

Side Effects will include...

- Decreased Pain
- Improved Function
- Faster Recovery
- Return to Active Lifestyle
- No Drugs — No Drowsiness
- A Sense of Well-being
- More Energy

Is Physical Therapy for you?



THERAPY ONE
Rehabilitation, Health & Fitness Center

3210 Jenks Ave. • Panama City, FL 32405

THERAPY ONE
Rehabilitation, Health & Fitness Center

The personalized care you need to feel better fast.

Why Try Physical Therapy First?



Physical Therapy works! If you want to decrease pain and return to an active lifestyle naturally, without drugs or surgery, then Physical Therapy is right for you.

The professional staff at **THE THERAPY ONE** offer personalized care in our state-of-the-art facilities. Our goal is to restore you back to optimum strength, mobility and endurance, ensuring you recover quickly from injury or illness.

Call one of our 2 Convenient Locations Now

850-763-0603

3210 Jenks Avenue
Panama City

850-236-7497

12125 Panama City Beach Parkway
Panama City Beach

www.therapyone.com

Can Physical Therapy Help You?

Do you suffer from:

- Recent surgery?
- Arm or leg pain?
- Neck pain or discomfort?
- Shoulder, wrist or hand pain?
- Balance problems or dizziness?
- Work-related discomfort or pain?
- Decreased strength, flexibility or endurance?
- Inability to do daily living activities?
- Non-optimum physical function?
- Back pain or discomfort?
- Knee or ankle pain?
- TMJ or Headaches?
- Sprain or strains?
- Chronic fatigue?

If you answered "YES" to any of the above, you may benefit from Physical Therapy.

Try Physical Therapy First!

THE THERAPY ONE GIFT CERTIFICATE

This gift certificate entitles you to a FREE new patient consultation.

This valuable gift is given to you by:

Take your first step toward improved health and fitness.

Someone cares enough to give you...

**The Science of Healing.
The Art of Caring...**

This certificate for use by: _____

This offer good through: _____