



NEWSLETTER

Proudly Supporting Our Community

SMITHTOWN

GROW WITH US! WE'RE HIRING!

We are looking to train dynamic people for our team! Someone who is smart, personable, a detail-oriented problem solver & all-around customer service champion would fit the bill!

We are looking to fill these positions
Part-Time with potential for
Full-Time with Benefits:

- ~ Front Desk Receptionist ~
- ~ Physical Therapist~
- ~ Physical Therapist Aide / Scribe ~

Please submit your resume & questions!

Email: Cindi@PTBeyond.com
Phone: (631) 361-5111 ext 12
Fax: (631) 366-2536

We Specialize in Spinal Health

Imagine You Have the Power to control your pain, stiffness & ability to do your work or daily activities! We can guide you in using proven & practiced methods to relieve & prevent back, neck & various extremity pain. Take control of your pain, empower yourself & get back to the life you love. Our power team at Physical Therapy & Beyond is here to support you!

The McKenzie Method of Mechanical Diagnosis and Therapy® is a reliable assessment process intended for all musculoskeletal problems, including pain in the back, neck & extremities (i.e., shoulder, knee, ankle etc.), as well as issues associated with sciatica, sacroiliac joint pain, arthritis, degenerative disc disease, muscle spasms & intermittent numbness in hands or feet. If you are suffering from any such issues, then an MDT assessment at Physical Therapy & Beyond may be right for you!

The Schroth Method of Physical Therapy is a nonsurgical option for scoliosis treatment. It uses exercises customized for each patient to return the curved spine to a more natural position. The goal of Schroth exercises is to de-rotate, elongate & stabilize the scoliotic or kyphotic spine in an effort to stop/slow curve progression & prevent further spinal deformity. Your physical therapist will be able to determine your degree of spine curvature. Using the Schroth Method, we will help you to restore muscular symmetry & alignment of your posture.

If your spine is in need of some extra support, please do not hesitate to call us at (631) 361-5111. We'd love to share info with you, schedule a private consult & book your steps to recovery!



What Can Physical Therapy Do to Manage Colorectal Cancer Side Effects & Improve Your Quality of Life?

At *Physical Therapy & Beyond*, learn how to manage your condition to aid in achieving long-term health & wellness through an **individualized evaluation & plan**. If you have lingering side-effects after treatment, our physical therapists will work with you to **treat & aid in the management** of the following symptoms:

- Chemotherapy-Induced Peripheral Neuropathy (CIPN)
- Imbalance & Postural Dysfunction
- Soft Tissue & Scar Tissue Management
- Cancer Related Fatigue (CRF) &/or Muscle Weakness
- Bowel & Bladder Dysfunctions

Our highly-skilled PT's can teach you how to exercise safely & effectively & about injury prevention. After cancer treatment, we provide **non-pharmaceutical interventions** to address pain, bowel & bladder dysfunction, shortness of breath, fatigue/endurance, balance, posture/gait & other impairments.

Our goal is to improve your quality of life through improved function & exercise.

Physical Therapy & Beyond can help you better understand the symptoms, detection, prevention, & treatment of colon cancer & **learn who is at risk**.

Your colon matters! Your privacy matters too! Especially in relation to your **very personal**, & sometimes embarrassing issues. We offer **private, closed-room therapy sessions** in a comfortable setting so that you can relax & ultimately get the care & treatment you deserve.

Knowledge is Power! We're pleased to answer any questions, no matter how sensitive in nature! Call (631) 361-5111 or visit CindiPrentissPT.com to schedule a private appointment or consult.

Did You Know? Scoliosis Doesn't Always Cause Pain or Discomfort, But Working to Halt Your Curve Progression Can Still Benefit You!

Beyond Scoliosis runs personalized & tailored * SCOLIOSIS * CARE PROGRAMS!

Call Today to Inquire on Our * ONE-on-ONE * SCOLIOSIS BOOT CAMP!

*We customize *scoliosis treatment* to each individual patient. Our aim is to stabilize & halt the progression of your curve/s, improve mobility, increase the strength & motion of your back & ribcage & reduce any pain that may be associated with the condition.*

We perform a complete spectrum of non-invasive treatment techniques using the latest technology developed by world-renowned spine specialists. We're Schroth Advanced certified & SEAS Advanced certified (Scientific Exercise Approach to Scoliosis). Your spine is in good hands with our expert care!

**Insurance does not apply for one-on-one scoliosis treatment*. Please call us for more details!*

59 Landing Avenue, Suite 2
Smithtown, NY 11787
(631) 361-5111

CindiPrentissPT.com