


## Services

React Physical Therapy practices the exclusive Reavy Method, a whole body approach to physical therapy that addresses the cause as well as the symptoms of pain to balance the body and restore natural movement. Our physical therapists are trained in the Reavy Method and provide each patient with individualized care. We use dynamic assessment, manual therapy, and muscle activation to alleviate pain and get you stronger than ever. Our services include physical therapy, strength and conditioning training, athletic training, and massage therapy.

- Vestibular Therapy
- Physical Therapy
- Performance Therapy
- Athlete Training
- Massage Therapy
- RMx Group Exercise
- Body Engineering

 Come see us

## Physical Therapy

Do you remember the days when there was no thought of limitations? When your body worked for you and pain didn't hold you back? We have one goal for you: to help you feel like anything is possible again.

From the first physical therapy session, we will use our proprietary methods developed by founder David Reavy to release muscle restrictions and activate your muscles. We will find the cause of your pain and treat the site of your injury by using our hands-on therapy. Throughout your treatment we will continue to reassess how your body is functioning and responding to ensure your therapy evolves as you progress.

We don't mind high expectations. In fact, we welcome them. We have seen our work profoundly affect our clients' quality of movement and quality of life. Some of our clients call our science-based approach to physical therapy amazing. We call it the Reavy Method®.

In addition to the Reavy Method®, we provide the following physical therapy services and techniques:

Dry Needling

Vestibular Rehabilitation

Vestibular Therapy

Physical Therapy

Performance Therapy

Athlete Training

Massage Therapy

RMx Group Exercise

Body Engineering



Come see us



## Performance Therapy

The way we see it, great sports performance is about defiance. You defy gravity, expectations, doubts, fears, and in true moments of greatness, you even defy the laws of physics.

Here's what you're going to hear out there: You're too slow. You're too old. You can't jump high enough. You've reached your full potential.

Here's what we're going to do: We're going to find you the edge. We're going to look at everything you do on the field and everything you do to prep for the field.

Performance therapy was created from our clinical experience with athletes. We use manual therapy and athletic training to improve athletic performance. We focus on creating balance in your body, which means greater force production and absorption, better ability to cut, more explosiveness, and more power.

Greatness is in the details.

Vestibular Therapy

Physical Therapy

Performance Therapy

Athlete Training

Massage Therapy

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## Athlete Training

Welcome to our training room.

React Physical Therapy trains athletes at the highest level and takes them even higher. By improving functional performance, we change the way athletes move on and off the field.

- Vestibular Therapy
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## Vestibular Therapy

React Physical Therapy's vestibular rehabilitation program offers a comprehensive approach to evaluating and treating patients with complaints of dizziness, vertigo, motion sensitivity, instability, and a history of falling. Symptoms due to vestibular disorders or age related loss of balance can diminish quality of life and can make simple daily tasks very difficult and unsafe to perform. This often lead individuals to live a sedentary lifestyle or have to modify basic tasks such as getting into and out of bed. Living a less active lifestyle may also lead to future problems such as loss in muscle strength and stamina creating a vicious cycle of reduced activity and poor quality of life. Our goal of therapy is reverse this cycle by discovering the exact source of your dysfunction and creating a customized rehabilitation program focused on reducing your symptoms, improving your stability, and getting you to move again with confidence.

### What is Vestibular Rehabilitation?

Vestibular rehabilitation therapy (VRT) is a specialized form of physical therapy that uses specific exercises to improve the efficiency of your vestibular and central nervous system. Abnormal functioning in parts your brain such as your cerebellum, inner ear, or visual cortex may lead to dizziness or instability. Our exercises work by

- Vestibular Therapy
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## About React

Too often, people accept what their bodies give them. An old injury becomes a permanent limitation. Restrictions become barriers. Aging means diminished performance. And the world has just accepted that this is the way it goes.

But we didn't.

We started React Physical Therapy with the intention of changing what people believe is possible with their bodies. And we continue with that intention every day, in everything we do.

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 Come see us

We believe in the endless possibilities of the body



## Our Performance-Based Method

A diagnosis can begin to define who you are. You start to focus on your shortcomings and restrictions rather than your abilities. We take the focus off these limitations and guide you back to hope and the expectation that your body will once again be your ally in the activities you have always loved.



Rather than focus only on the site of the injury, we use the Reavy Method to treat the cause and the symptoms of your pain.

