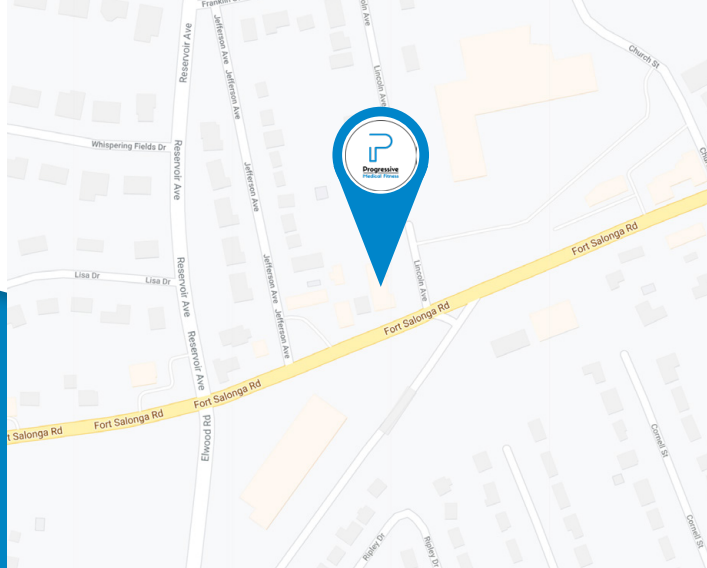




WE CAN HELP YOU WITH

- Back Pain & Sciatica
- Neck Pain
- Hip & Knee Pain
- Arthritis
- Elbow, Wrist & Hand Pain
- Pre-Surgical Rehabilitation
- Post-Surgical Rehabilitation
- Neurological Conditions
- Motor Vehicle Injury
- Chronic Pain
- Sports Injury
- Sprains/Strains
- Tendonitis
- Fibromyalgia
- Headaches
- And More!



Progressive Medical Fitness

389 Fort Salonga Suite #3
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P: 631-760-8081

F: 631-651-8959

Find us on:



PROGRESSIVEMEDICALFITNESS.COM

MAXIMIZE YOUR HEALTH POTENTIAL WITH PHYSICAL THERAPY



*Physical Medicine &
Rehabilitation Physical Therapy*

PROGRESSIVEMEDICALFITNESS.COM



ABOUT OUR PRACTICE



PT CAN CHANGE YOUR LIFE!

WHAT WE DO

Our services are catered around exceptional, individualized care that gets you back into action quickly and safely. We strive for patient health and satisfaction as we work to restore the body to its proper function.

WHY US

Our goal is to help you achieve your goals and optimize your functional outcomes. Our dedicated and compassionate therapists provide individualized 1:1 treatment to improve your movement, reduce your pain and restore optimal mobility and control. We believe in preventative therapy that's why our highly trained therapists educate patients on injury prevention and provide individualized home exercise programs.

OUR PHILOSOPHY

We believe in a TEAM approach where you and your therapist will determine the goals set forth in therapy and together will work on achieving them. Our therapists start with an in-depth evaluation to determine the cause of your functional limitations and pain. From there, therapists develop an individualized plan of care to relieve the pain and restore your greatest potential and functional mobility.

OPTIMIZE YOUR OUTCOME

Everyone wants to move—be active, run hard, compete, or live life without pain. Our patients of all ages come from many different starting places but share a common goal: they all want to get back to what they were doing prior to their injury or limitations. We provide individualized care to improve movement, increase strength, reduce pain and restore function.

OUR APPROACH

Our approach is based on an understanding that the body is a complex, interconnected system. This is a practice developed from academic backgrounds of anatomy, biomechanics, and human physiology. This style leads to customized treatment programs that are tailored to each individual. With this functional approach, we help our patients to thrive—to rapidly achieve rehab goals and get back to living.

Physical Medicine & Rehabilitation Physical Therapy

Physical therapy is a safe and healthy way to access pain relief. Many patients can find long-lasting relief through personalized physical therapy care without the need for invasive procedures. At Progressive Medical Fitness, our physical medicine rehabilitation physician, along with our physical therapist, will create and execute a personalized care plan for you.

Our goal is to provide you with the highest standard of care utilizing the latest techniques with highly skilled and compassionate therapists delivering them. The hands-on therapy and customized exercise programs we offer are designed to address your individual needs and ensure a successful and comforting recovery.

SCHEDULE YOUR APPOINTMENT TODAY!

CALL 631-760-8081



POST-SURGICAL REHABILITATION

Every client has different needs, goals, and history pertaining to their injury or condition. Each client is evaluated before treatment to assess their needs, provide education about their specific situation, answer questions or concerns, and take baseline measurements to determine goals. Pain reduction is the primary goal and will always be addressed before establishing an exercise program. We utilize a variety of treatments for orthopedic conditions causing pain or discomfort based on the patient's needs. As a patient's symptoms of discomfort subside, progressive therapeutic exercise is prescribed to address the root cause of their pain or physical limitation.

We specialize in cardiopulmonary rehabilitation and have a dedicated team of highly-trained physical therapists that help patients to understand and feel comfortable with their treatment. In fact, many of our patients feel so comfortable with us that they are motivated to continue their independent exercise in our fitness center even after skilled therapy is no longer necessary.

SPORTS INJURIES

Progressive Medical Fitness provides progressive sports rehabilitation for athletes of all ages and playing levels. Whether you're a professional athlete or a weekend warrior, it is essential to stay safe while performing your sport. Our facility is equipped to meet the challenges of athletes at all levels. Our dedicated physical therapists develop an individualized program that includes sport-specific rehab, preventive education, and a home exercise regimen in collaboration with the referring provider.

Don't simply wait around for your injury to heal – get back to the sport you love quicker with the help of one of our physical therapists that are committed to helping you achieve success.

We accept Medicare and various insurance carriers for all of our services.