Patient Programs

Our comprehensive programs are customized to meet each patient's individual needs.

- Post-surgical rehabilitation
- Spinal Care
- Sports Medicine
- Balance & Vestibular Dysfunctions
- Occupational Medicine
- Motor Vehicle Accidents
- Aquatic Therapy
- Stroke Rehabilitation
- Neurological Disorders
- Pediatrics
- Chronic Pain
- Female Incontinence
- Women's Health
- Temporomandibular Dysfunction
- Pulmonary Rehabilitation
- Dry Needling
- Parkinson's Program

Philosophy

Therapy In Motion, founded on a tradition of excellence, we believe in the importance of providing comprehensive musculoskeletal evaluation and treatment, in an environment that is conducive to both personal and professional patient care. Offering “hands on” manual therapy, our therapists assist patients in their efforts to return to fully functioning pain-free lifestyles. Our therapists utilize a team approach to maximize the well-being of our patients. The relationship between you and your therapist is the cornerstone of our successful outcomes. We emphasize the importance of ongoing communication between you, your physical therapist, and your referring physician. Recognizing your physical, social, emotional, mental, and spiritual needs, we incorporate your thoughts and ideas into a mutual creation of your plan of care.

www. TherapyinMOTION.net

Monday - Friday 7:00 AM - 7:00 PM
Norman Clinic, Saturdays 8:00 AM - 12:00 PM

Cardiac Rehabilitation

NEWCASTLE
2340 NW 32nd
P (405) 396-3322
F (405) 392-3356

EDMOND
1271 W Danforth Rd
P (405) 396-8000
F (405) 726-8181

EAST NORMAN
334 12th Ave SE
P (405) 310-6590
F (405) 310-6591

MOORE
1025 SW 19th
P (405) 237-3400
F (405) 237-3401

PURCELL
2132 N Green Ave
P (405) 528-1500
F (405) 527-0400

NORMAN
2475 Boardwalk
P (405) 447-1991
F (405) 447-1198

www. TherapyinMOTION.net
Target Patients

- Heart disease
- Post heart attack
- Cardiac surgery or procedures
- Coronary artery disease
- Pacemaker
- Implantable ICD
- Heart failure
- High risk of cardiac problems

Evaluation

- Blood pressure
- Heart rate
- Oxygen level
- Posture
- Endurance
- Spinal alignment
- Flexibility
- Strength
- Function
- Self wellness assessment
- Motion analysis
- Body mechanics
- Soft tissue status
- Warning signs
- Heart monitoring during exercise

Goals

- Improve physical, mental, social, and emotional health
- Improve cholesterol and triglycerides
- Optimize cardiovascular performance
- Promote healthy lifestyles
- Provide nutritional counseling
- Increase endurance
- Decrease stress
- Improve patients' confidence and reduce fear
- Decrease depression
- Reduce body fat
- Provide positive social environment
- Improve flexibility and strength
- Neutral spine and joint alignment
- Improve function with daily activities

Treatment

- Cardiac Conditioning
  - Treadmills
  - Recumbent bicycles
  - Upright bicycles
  - Upper body ergometers
  - Elliptical riders
  - Nustep
  - Zuni unloading treadmill system
  - Comprehensive strengthening equipment
  - Posture correction devices
  - Computerized Biodex balance system
  - Work conditioning program
- Manual Therapy
  - Joint mobilization
  - Myofascial release
  - Visceral release
  - Edema massage
  - Muscle activation techniques
  - Dry needling
  - Posture correction
  - Supportive and kinesio taping
- Aquatics
- Patient Education
  - Nutritional counseling
  - Stress management
  - Warning signs
- Weight Loss Program
  - Weekly weighing
  - Resting metabolic rate
  - Body mass index
  - % body fat