



Orthopedic, total joint & postsurgical rehab.

Orthopedic injuries are common. Nearly everyone has had shoulder, back, elbow, wrist, knee or foot/ankle problems at some time during their lives. And many people have had total joint replacements or orthopedic surgery to correct such problems. That's why our skilled and experienced physical therapists create customized orthopedic rehab programs that improve patient function and body mechanics and reduce the chances of reinjury through education.

How we can help.

Orthopedic injuries, or injuries to the bones, joints and muscles, can all be helped by qualified physical therapists. A combination of early intervention, leading-edge treatment and comprehensive hands-on care eases pain and discomfort and speeds recovery from a variety of injuries. We also help people with total joint replacements and other postsurgical rehab challenges.

Our experienced physical therapy team customizes treatments and tailors programs for fast, long-lasting results. Our therapists continue to improve their knowledge, skills and abilities through postgraduate training and continuing education. They offer focused, hands-on care for all types of orthopedic pain and dysfunction, including:

- Shoulder & knee postsurgical rehabilitation as well as nonoperative pain or injury (bursitis, tendinitis, sprains/strains, etc.)
- Hip pain & postsurgical rehab.
- Chronic, acute back & neck problems.
- Foot & ankle pain, including conditions such as plantar fasciitis, arthritis pain & ankle sprains.
- Wrist & hand pain & postsurgical rehab
- Sports injuries & fractures.
- Total joint (hip, knee & shoulder replacements)

Total joint replacements are becoming more and more common, particularly in older people with arthritic joints. The bone ends of our joints are covered with a smooth cartilage. Healthy cartilage

allows easy, pain-free movement. But cartilage that is damaged by arthritis creates friction and makes joints stiff and painful.

Healthy joints are enclosed by fibrous tissue with a smooth lining called a synovium. Synovial fluid is produced by this tissue and reduces both friction and wear on the joint.

Over 500,000 total joint replacements are now performed in the United States annually. Total joint replacement is one of the great orthopedic surgical advances of this century. It resulted from the pioneering efforts of an orthopedic surgeon who worked with engineers to develop the technology and materials used to make joint replacements for hips, knees and shoulders.

We focus our rehabilitation programs on active techniques that enable patients to reach their maximum potential quickly and safely. Getting patients quickly back to their active lifestyle is always our first priority.

Our mission is to help people function at their best. We want you to move without pain and get stronger so you can avoid future injuries. So what would you like to do again without pain? Play tennis or golf? Run? Walk? Participate in a team sport? Enjoy a hobby? Just get back to living?

Let our dedicated professionals help you reach your goals safely, effectively and quickly. Explore how we can help you with all your orthopedic and postsurgical rehab needs. Call Bay City at 989-892-4557 or Saginaw at 989-799-9150.



Back In Motion
Rehabilitation, LLC

Where experienced hands-on care gets results.

Two convenient locations:

Bay City: 2618 Center Avenue

Bay City, MI 48708 • 989-892-4557

Saginaw: 4884 Gratiot Avenue, Suite 19

Saginaw, MI 48638 • 989-799-9150

www.BackInMotionRehab.com