



# PROTAILORED PHYSICAL THERAPY LLC

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## DID YOU KNOW...?

YOU CAN WEAR YOUR PROTAILORED T-SHIRT TO YOUR APPOINTMENT AND BE ENTERED INTO OUR MONTHLY \$20 GIFT CARD RAFFLE TO THE PLACE OF YOUR CHOICE

ARE YOU ON FACEBOOK? TAKE A PICTURE WEARING YOUR PRO-TAILORED SHIRT & TAG US! YOU'LL BE ENTERED INTO THE DRAWING 3 TIMES!

IF YOU HAVEN'T RECEIVED YOUR PRO-TAILORED SHIRT, BE SURE TO LET US KNOW!



**ORTHOPEDIC AND PELVIC FLOOR**  
BOTH ORTHOPEDIC AND PELVIC FLOOR PHYSICAL THERAPY ARE OFFERED WHICH MEANS CONDITIONS TREATED RANGE FROM HEAD-ACHES, BACK, KNEE, HIP AND FOOT PAIN TO URINARY INCONTINENCE/FREQUENCY/URGENCY, OBSTETRICS, CONSTIPATION, AND PELVIC/GROIN PAIN



**GAME READY®**

COLD AND COMPRESSION SYSTEM CLINICALLY PROVEN TO IMPROVE PAIN RELIEF, INCREASE MUSCLE STRENGTH AND RANGE OF MOTION, WHILE REDUCING STIFFNESS AND PAIN INTENSITY—NATURALLY AND WITHOUT NARCOTICS

## ProTailored is Growing!

Because of patients like you who have supported ProTailored Physical Therapy by telling your friends and family about us and also continuing to come back to us for your physical therapy needs, we are growing much faster than anticipated! Based on the physical needs and feedback from our patients, we are making some exciting additions to our clinic:

### We now offer Pelvic Physical Therapy for BOTH Men and Women

Read Nicole Bobay's bio below for more information!

### New Office Hours

Starting May 14<sup>th</sup>, ProTailored will be open Monday-Friday from 7am-6:30pm

### In House Billing

At the beginning of this year, we moved from outsourcing our billing to billing at our clinic

### New Services

Deep Tissue Laser Therapy and Custom Orthotics

## Meet Our New Therapists



**Nicole Bobay** is a Fort Wayne native and a graduate of Bishop Dwenger High School. Graduating with her

Master of Physical Therapy (MPT) degree from Andrews University in 2001, Nicole is board certified as a Women's Health Clinical Specialist (WCS), a Certified Integrated Manual Therapist (CIMT), and a Certified Strength and Conditioning Specialist (CSCS). Most recently, Nicole joined the ranks of the most accomplished Physical Therapists in the country by earning the "Best in Patient

Care" award through the American Health Council. Nicole is one of the few physical therapists in the Fort Wayne area who specializes in pelvic physical therapy. This includes, but is not limited to, the treatment of urinary incontinence, pelvic organ prolapse, pelvic floor weakness, pelvic pain, painful intercourse, urinary frequency/urgency, and constipation. In her spare time, Nicole participates in Bible study, reads, golfs, exercises, and especially enjoys quality time with her friends and family.



**Dr. Mitchell Hall** earned his Bachelors degree in Exercise Science and Doctorate in Physical Therapy from Trine

University. After spending his first few years of college on the Residence Life staff, Mitchell learned to love personal interactions and building relationships with people from all walks of life. He has gained experience in a variety of settings, including treating rotator cuff injuries, lower back pain, pediatric physical therapy, and chronic pain. In his free time, he enjoys spending quality time with his loved ones and friends, working out, playing softball, and volunteering with the youth ministry at Brookside Church.



**VESTIBULAR REHABILITATION**  
A NON-INVASIVE TREATMENT APPROACH IS USED TO HELP INDIVIDUALS WITH SYMPTOMS RELATED TO INNER EAR AND BALANCE DISORDERS SUCH AS LIGHTEADEDNESS, DIZZINESS, POSITIONAL OR PERSISTENT VERTIGO, NAUSEA, AND IMBALANCE



**DEEP TISSUE LASER THERAPY**  
FDA APPROVED, ADVANCED THERAPEUTIC TECHNOLOGY WHICH SPEEDS UP HEALING TIME AND REDUCES INFLAMMATION, SWELLING, AND TARGETS DAMAGED TISSUE. TREATMENTS ARE SAFE, PAINLESS AND FAST. EFFECTIVE IN TREATING NEW INJURIES AND CHRONIC CONDITIONS LIKE SCIATICA, NEUROPATHY AND ARTHRITIS



**DRY NEEDLING**  
TREATMENT TECHNIQUE WHICH ALLOWS SPECIFIC TARGETING OF MUSCLE GROUPS THAT ARE HARD TO REACH IN TRADITIONAL MANUAL THERAPY. ALLEVIATES KNOTS AND PAIN IN MUSCLES IN A QUICK AND EFFECTIVE WAY BY INCREASING LOCAL CIRCULATION AND CHANGING THE CHEMICAL MAKE-UP OF TIGHT AND IRRITATED TISSUE



**CUSTOM ORTHOTICS**  
A LOWER BODY ALIGNMENT ASSESSMENT IS PERFORMED THROUGH LASER TECHNOLOGY TO PROVIDE A FULL SCREEN OF LOWER BODY ALIGNMENT AND RELATED MOVEMENT PATTERNS, AND A SUBSEQUENT CUSTOM ORTHOTIC IS CREATED BASED OFF FINDINGS. INDIVIDUALS WITH PLANTAR FASCIITIS, SHIN SPLINTS, KNEE/HIP/BACK PAIN BENEFIT FROM CUSTOM ORTHOTICS

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## What Do These Changes Mean For You?

- More convenient, available appointment times
- Larger array of treatments and services that expedite healing
- Faster turn-around for billing and a direct resource to ask billing questions

Many of our patients have been finding great healing and pain relief from our deep tissue laser therapy. To thank you for your continued support and your understanding during this time of growth, we'd like to offer you a free laser session. See included flyer for more details

Because of these changes and additions, you may notice space in the clinic is a little tighter. Thanks for hanging in there with us during this growth spurt. We are actively seeking solutions that will allow there to be more than enough space for our expanding clinic.

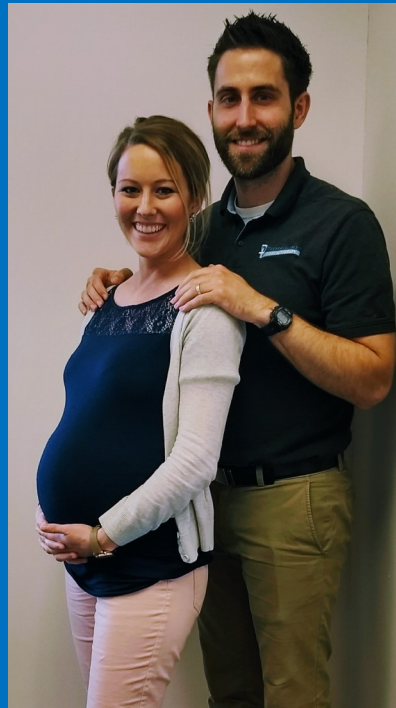
Thanks for making ProTailored what it is today. From giving feedback, to writing fantastic online reviews, continuing to choose us for your therapy needs, and sending us your family and friends,

**we're where we are today because of YOU!**

## One Last Way ProTailored Is Expanding...

**A new CEO (Child Entertainment Officer) is on his way!**

**Jon, Vanessa, and Adelaide are excited to welcome a baby boy this August.**



### OUR MISSION

ProTailored Physical Therapy's mission is to bring together skilled staff with varied backgrounds and specialties who resonate with the one-on-one treatment approach in order to provide professionally tailored, personal care for each patient's specific needs. Through having a passion for what we do and compassion for those we serve, we create a nurturing, supportive environment where our patients not only heal but thrive.