



A Uniquely Qualified Team At Your Service



Enfield Health & Wellness Center

Phone: 860-763-2225
Fax: 860-763-3161

143 Hazard Avenue
Enfield, CT 06082

www.EnfieldHealth.com

Suffield Health & Wellness Center

Phone: 860-668-5222
Fax: 860-763-3161

162 Mountain Rd, Suite 203
Suffield, CT 06078

www.SuffieldHealth.com

*One-to-One Treatment Always
with a Licensed Professional*

Your Therapy Team

Carla Fleck, PTA
Katie Myers, DPT
Melissa Doten, MPT
Jennifer Meier, MPT, CLT, CKTP,
Cert. MDT
Jennifer Cavanaugh, PTA
Kevin Sadowski, BSN, RN, DC,
Cert. MDT

*Two Modern Locations for
Your Convenience*

Providing Physical Therapy for:

Orthopedic Complaints
Post Surgical Rehab
Work Injuries
Auto Injuries
Back Pain
Neck Pain
Vertigo / Vestibular Rehab
Lymphedema
Headaches
Functional Capacity Evaluations

Specialty Certified In:

McKenzie Technique
Lymphedema Management
Vestibular Therapy
Graston Technique
Mulligan Technique
Dry Needling
Kinesio Taping®
Functional Capacity Evaluations

Payment

Accepting Medicare and most
major insurance. Letters of
protection accepted.

When you refer to the Health & Wellness Centers of Enfield and Suffield, you are giving your patients access to a therapy team with more than 80 years' combined experience. We use many manual therapy techniques and have certifications signifying advanced training above and beyond the average physical therapist. For instance, our physical therapy team has **certification in:**

McKenzie Method Certified: Literally hundreds of peer-reviewed research papers now support the use of McKenzie Method in spine care. McKenzie Method is an efficient assessment and treatment protocol proven to produce faster, longer-lasting, and less expensive results for spine-related complaints. This has been demonstrated repeatedly in journals such as *Spine*, the *Journal of Neurology*, *JMPT*, *Physiotherapy*, and the *New England Journal of Medicine*.

Lymphedema Certified Therapy: We have special training in managing swelling to prevent it from becoming lymphedema. Prescribe a short course of manual lymphatic drainage soon after surgery to prevent progressive damage to the lymphatic system. We can also effectively manage your cases of moderate and severe lymphedema with manual lymphatic drainage and complete decongestive therapy.

Vestibular Certified Rehab: Credentialed training in vestibular rehabilitation enables us to directly treat your cases of vertigo, central, and peripheral vestibular disorders. Using adaptation strategies, substitution strategies, and/or repositioning maneuvers, we can cure or teach patients to effectively manage vestibular disorders. This training also improves our ability to assess vestibular function, giving us an advantage in fall-injury prevention and gait rehabilitation.

Graston Technique Certified: Certification in Graston Technique gives us an edge in the treatment of tendinopathies by enabling us to target directly the inappropriate scarring and fibrosis often associated with these disorders. We can use ergonomically designed, stainless steel instruments to detect and break down scar tissue through instrument-assisted manual therapy. Programs of functional movement and stretches then direct new collagen formation in more functional patterns. The result is therapy outcomes over-and-above that of traditional physical therapy approaches.

Dry Needling Certified: In dry needling, the physical therapist inserts very fine needles into trigger points or superficially over trigger points. The dry needling technique efficiently deactivates the trigger points, allowing for more normal muscle action and better pain relief. Trigger points in skeletal muscles are a very common component of most pain complaints, but this important stumbling block too often goes unaddressed in usual care physical therapy.

Kinesio Taping® Certified: In Kinesio Taping® technique, therapists apply adhesive strips to the skin to aide in mechanical and functional corrections in muscles and joints. The technique involves the use of tape with 40% to 60% elasticity applied in various patterns for differing targeted effects. Doppler observation has measured improvements in arterial circulation ranging from 21% to 61% with this technique - which has been connected with improved physical therapy results in focal dystonia, chronic low back pain, shoulder impingement syndrome, rotator cuff tendinopathy, and acute whiplash.

Certified in Applied Functional Science: Through the Gray Institute, all our practitioners have earned certification in this assessment and therapy process that facilitates exercise rehabilitation with emphasis in three-dimensional preparation. Where many traditionally prescribed exercises focus on single planes of movement, this protocol teaches therapists to plan and work in more functional movement patterns designed to better prepare patients for real-life stresses and physical challenges.

There's more. Our physical therapy team also has specialized training or certification in Mulligan Method (**Mobilization with Movement**) and for **Functional Capacity Evaluations**.

Learn more at SuffieldHealth.com and EnfieldHealth.com