

body  mechanics

# Physical Therapy

*Pain Relief for Your Active Lifestyle*



[www.bmechanics.com](http://www.bmechanics.com)



# Move Freely Move Comfortably

Being able to move—freely and comfortably—is central to your healthy lifestyle.

Whether you're experiencing pain, lack of flexibility or loss of mobility from injury, accident, aging or other reasons,

we provide physical therapy intended to return you to full function so you can live the life you want.



**From the moment you first contact us, you'll receive careful, individual attention.** You'll meet with the same therapist each time during a 30 to 60 minute session. Typically, treatment lasts from six to ten sessions. You'll feel listened to and respected and you'll have a steady guide on your road to full physical recovery.

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## Feel Better

**When you want to feel better and return to your normal lifestyle with ease, Body Mechanics can help you do just that.**

We'll help you finally heal those nagging aches and pains with individualized attention and hands-on physical therapy treatment delivered by some of the area's most advanced trained, board-certified physical therapists. And, you'll see the same therapist each time you visit our state-of-the art clinics conveniently located in Pewaukee and Milwaukee.

**We take a whole-body approach to your care** while teaching you how to continue your recovery on your own so you can live the life you want pain and injury-free.



## Fix Those Nagging Problems

**Why not fix those nagging, nuisance aches and pains once and for all?**

Our expert physical therapists combine manual deep tissue and joint mobilization methods combined with specific, prescriptive exercises to alleviate all types of musculoskeletal problems.

Our entire treatment approach is based on a thorough movement evaluation. Think of your body as a chain with various links that relate to one another. This type of full-body assessment often isolates the cause of your problem, not just the symptoms.

## Advanced and Highly-Trained Care

Your care will be provided by some of the area's most highly-trained, board-certified physical therapists who continually advance their skills to provide you with the latest treatment options. In fact, our team often teaches and cares for other physical therapists in the community and has developed a reputation for their expertise among their industry peers.

You can also count on seeing the same therapist each time you visit our Pewaukee or Milwaukee clinics for consistent care in a relaxed and upbeat setting.



### CONDITIONS WE TREAT

Pre and post surgical programs • Neck and low back injuries • Tennis elbow • Carpal Tunnel Syndrome • Knee pain • Ankle injuries • Sport related injuries  
Work-related injuries • TMJ dysfunction • Neurological disorders: MS, Parkinson's, Stroke • Foot Problems and orthotic fabrication

## Two Convenient Locations

### Downtown Milwaukee

807 N. Jefferson  
Milwaukee, WI 53202

phone: 414.224.8219  
info@bmechanics.com



### Pewaukee

1177 Quail Court,  
Suite 200  
Pewaukee, WI 53072

phone: 262.695.3057  
info@bmechanics.com



## Payment Options

While treatment is typically covered by health insurance plans, we also offer more affordable packaged and private pay pricing options to provide alternatives to high deductibles often required by insurance plans.

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