



**PRECISION
IN MOVEMENT**



**PERFORMANCE
PHYSICAL THERAPY Inc.**

WELCOME

CONGRATULATIONS ON TAKING YOUR FIRST STEP TO A BETTER LIFE.

WHO WE ARE:

We are movement specialists that use **manual therapy, movement science, and pain science** to resolve pain and achieve your physical goals.

WHAT TO EXPECT:

On your first visit, we will be performing a **thorough examination** to provide you with an **individualized assessment** and first **treatment** of your current problem.

Just like with any medication prescribed by your doctor, it can take some time for the treatment to work. We encourage you to be patient with this process and allow your body to heal naturally.

We expect your body flexibility (in 2 weeks), muscle strength (in 4 to 8 weeks) and body posture & mechanics (in 2 to 3 months) to improve as you complete your time with us. **Consistency is key!**

To achieve the best and fastest results, we ask for your full cooperation and compliance with our recommendations.

Thank you for trusting your care with us.

DR. PETER LINGAS DPT
OWNER

Peter Lingas

BUILT FOR THE ATHLETE IN EVERYONE.

IF YOU ARE WILLING TO INVEST IN YOUR HEALTH, YOU ARE AN ATHLETE!

HOW ARE WE DIFFERENT?



1-on-1 Care



Clinical Specialists



Advanced
Technology



Active Approach

WHAT ELSE CAN WE HELP WITH?

ANALYSIS

Running
Return-To-Sport
Body Performance

REHAB

Orthopedic
Sports

SPORTS PERFORMANCE

Vertical Jump
Speed + Agility
Injury Prevention

SPORTS RECOVERY + MASSAGE

Compression Therapy
Cryotherapy
Percussive Therapy