

## New Heights Integrative Therapy

**HEALTH & BEAUTY:** *Unique, holistic approach to physical therapy*

New Heights Integrative Therapy offers a unique, holistic approach to physical therapy where patients are provided the most exceptional and advanced care available. The staff at New Heights has substantial experience in the successful treatment of chronic pain, fibromyalgia, spinal instabilities and other pain syndromes. With their combination of education, training and clinical experience, New Heights is able to provide a special blend of proven therapeutic methods. Therapists at New Heights treat a variety of injuries and complaints that include sports and work-related injuries, chronic pain, headaches, and spinal pain. The term “integrative” is used to mean that the body and mind function as an integrated whole. Thus, integrative therapy addresses the whole person, not isolated body parts. Patients at New Heights find that therapeutic exercise plays an important role in the healing process. The exercise routine called Scientific Therapeutic Exercise Progression, or STEP, is based on the concept of using exercise to focus on tissue-specific healing, utilizing the proper stimulus and resistance for optimal tissue repair. If you are ready to reach new heights in your physical well-being, visit New Heights for an informative, free 15-minute consultation.

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