

INSURANCE ACCEPTED

APIPA
AARP
ALIGN NETWORKS INC
AMERICAN PPO
BLUE CROSS BLUE SHIELD
COVENTRY HEALTH CARE
FIRST HEALTH NETWORK
GALAXY HEALTH NETWORK
HEALTH SYSTEM INTERNATIONAL
INTEGRATED HEALTH PLAN
MARICOPA HEALTH PLAN
MARICOPA CARE ADVANTAGE
MEDICARE
MEDRISK
MERCY CARE PLAN
MULTIPLAN
ROCKPORT
SCF ARIZONA
SECURE HORIZONS
UNITED HEALTHCARE
UNIVERSAL SMART COMPANY
UNIVERSITY PHYSICIANS
AUTO ACCIDENTS
WORKERS COMPENSATION
VA
INTEGRATED HEALTH PLAN
ALL MAJOR PPO (Aetna, Cigna)

Peter Podbielski, P.T., D.P.T. Doctor of Physical Therapy

Peter Podbielski graduated from the New York Institute of Technology with a Doctor of Physical Therapy degree after a 13-year career as a Physical Therapy Assistant, soccer coach and runner athlete. His professional accreditations include membership in the American Physical Therapy Association (APTA), and the association's local Arizona chapter (APTAAZ). He is also an expert Myofascial Release therapist trained by John F. Barnes.



www.CompletePT.net

*You deserve to return
to a pain free life!*



Complete Physical Therapy
4110 North 108 Ave, Ste 103
Phoenix, AZ 85037



PHYSICAL THERAPY

Complete Physical Therapy offers a variety of advanced treatments as well as innovative stabilization exercise technique with a suspension system-Redcord.



Unweighted with bungees and slings, patients are able to exercise in just about any position and in a safe and completely painless manner.

Redcord emphasizes corrective exercises with high levels of neuromuscular stimulation to restore core strength, joint stability, and function. Redcord surpasses most traditional forms of Physical Therapy because it addresses the source of a person's health condition and not just the symptoms.

The Physical Therapist guides a patient through a series of exercises with specialized Redcord equipment, consisting of suspension ropes, harnesses and slings. The therapist identifies muscle imbalances and then successfully "activates" deep stabilizing muscles in the core and joints. It is this unique design that allows the individual to perform essential core exercises that would otherwise be too painful or strenuous.

MYOFASCIAL RELEASE

Myofascial Release is a hands-on technique that facilitates a stretch into restricted soft tissue by placing low-grade sustained pressure into restricted tissue barrier. After 90-120 seconds, the tissue will undergo histological length changes, allowing the first release to be felt. The therapist follows the release into a new tissue barrier and holds again until a second release is felt. After a series of releases occur, the tissue will become soft and pliable, taking pressure off pain sensitive tissue and restoring alignment and mobility. By elongating the fascial system, we can restore the efficiency of the neuromuscular elements and proper mechanical length of the connective tissues, thereby restoring the natural abilities of coordination, strength, power and unrestricted motion to our bodies.

THE "SWEATER EFFECT": ANY PULLING IN ONE PLACE CAN CREATE DRAG IN DISTANT AREAS.



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UNDERSTANDING THE FASCIAL SYSTEM



THREE-DIMENSIONAL WEB FASCIA

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Myofascial Release, which addresses the fascial system, is the core of **Complete Physical Therapy** treatment program. Fascia is a tough connective tissue which spreads throughout the body in a continuous three-dimensional web from head to foot. Trauma, poor posture or inflammation can create a binding down of fascia resulting in excess pressure on nerves, muscle, blood vessels, osseous structures and/or organs. Since many of the standard tests such as X-rays, MRI's and CAT scans do not show the fascial restrictions, it is believed that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems but most go undiagnosed.

CONDITIONS WE TREAT

- Myofascial pain
- Headaches/migranes
- Fibromyalgia/connective-tissue disorders
- Orthopedic problems
- Chronic fatigue syndrome
- Acute pain/sports injuries
- Chronic neck/back pain
- Carpal Tunnel Syndrome (CTS)
- Temporomandibular joint syndrome (TMJ)
- Neurological dysfunction
- Restriction of motion
- Post-traumatic stress disorder
- Post-surgical dysfunction
- Stress/tension-related problems
- Repetitive stress/overuse injuries
- Whiplash
- Scoliosis
- Traumatic brain/spinal cord injuries
- Central nervous system disorders