

MAGNOLIA Physical Therapy

Freedom From Pain

Just by being here, you have taken the first step on your path to recovery! On behalf of everyone at Magnolia Physical Therapy, thank you for choosing us for your Physical Therapy needs.

WHAT IS THE PURPOSE OF PHYSICAL THERAPY, AND WHAT IS MANUAL THERAPY?

The purpose of Physical Therapy (PT) is to help you become free from pain and return you to your activities of daily life as quickly as possible. Physical Therapy strives to eliminate pain, increase flexibility and range of motion, restore function, build strength, and correct posture.

Manual therapy is a specialized hands-on technique that targets areas of your body that are limited in motion and works to improve your movement and reduce your pain. Manual therapy can be applied to joints, muscles or nerves and the aims of treatment include pain reduction, increasing range and quality of joint movement, improving nerve mobility, increasing muscle length and restoring normal function and stability. Our expert physical therapists have years of specialized training to provide gentle, specific hands on techniques.

WHAT CAN YOU EXPECT FROM A PHYSICAL THERAPY APPOINTMENT?

At Magnolia Physical Therapy we strive to achieve maximum results. In order to do this, we will need to work together.

The most important part of your PT is your attendance.

Below is a list of what to expect during your appointments and what we expect from you:

- Arrive on time for all appointments
- Plan appointments accordingly and inform us if your schedule changes

504.733.0254

Elmwood: 5606 Jefferson Highway, Harahan, LA 70123
Uptown: 2613 Napoleon Ave. New Orleans, LA 70115

www.magnoliatherapyla.com

Marigny: 2372 St. Claude Ave. Suite 104, New Orleans LA 70117
Westbank: 1530 Lapalco Blvd., Harvey LA 70058

- Dress in comfortable clothing that you can easily move around in
- Be open and honest about the care you receive and feel free to ask for help if you need better understanding of any part of your treatment
- Every plan of care is different, your therapy is tailored to you specifically
- Your therapy will be approximately 60-90 minutes, depending on your treatment plan
- You will be working with your Doctor of Physical Therapy or their Physical Therapy Assistant as well as our Physical Therapy Technicians
- Although some pain or soreness is normal, if you feel that your condition is not to be expected- let us know immediately

WHAT BENEFITS SHOULD I SEE AFTER I BEGIN PHYSICAL THERAPY?

The benefits of physical therapy vary patient to patient, depending on medical history and the condition being treated, but they can include pain management, improved mobility, recovery from injury/trauma or stroke/paralysis, and fall prevention. Some programs may help a patient avoid surgery altogether.

HOW CAN I GET A FREE MASSAGE AFTER I FINISH MY PLAN OF CARE?

Any patient who arrive for every visit without *cancelling* or *rescheduling* for a full plan of care will receive a complimentary 60-minute massage.

HOW CAN I BECOME A MAGNOLIA MVP MEMBER AND WHAT ARE THE BENEFITS?

Membership criteria (all must be met):

- Complete a treatment program at Magnolia Physical Therapy
- Complete a success story

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- Complete a success story video
- Complete an online review on Google and/or Yelp
- Refer another patient to Magnolia Physical Therapy

Membership benefits:

- Membership card for an additional 15% off all cash pay services
- One free annual wellness service
- Acknowledgement in the Magnolia newsletter
- Magnolia MVP golf shirt
- Free food and drink at the annual Magnolia MVP luncheon

You can find out more information about us on our website and check out our YouTube page to see a special message from our Co-Founder and CEO, Beth Winkler.

(insert YouTube link for Beth's video)

We would also love it if you follow us on our other social media platforms!

Facebook <https://www.facebook.com/Magnoliatherapy>

Twitter https://twitter.com/magnolia_pt

Instagram [@magnoliatherapyla](https://www.instagram.com/magnoliatherapyla)

**IF YOU HAVE ANY COMMENTS OR QUESTIONS, PLEASE EMAIL US AT
INFO@MAGNOLIATHERAPYLA.COM**

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