

THE 5-STEP FUNCTIONAL APPROACH

Our goal at Ando & Aston Physical Wellness Therapy (www.andoaston.com) is to help patients achieve their pain and function goals without expensive surgery or the serious side effects of medications. To achieve this goal, we have fine-tuned a **5-Step Functional Approach**. Even the most painful, debilitating and chronic problems respond to our approach. The sequence of the Steps and the extensive training we have undergone to perform each of the Steps is what sets us apart from others. Wellness services may be used to quicken the pace and extend recovery.

STEP 1: 'TRUE SOURCE' EVALUATION

Key Concepts: Finding the root problem is the 1st and most important Step. Check the whole body for clues.

P.T. Intervention: Look beyond just what is painful or what has been assessed by x-rays. Specific findings gives specific treatments in the Steps that follow.

STEP 2: SKILLED JOINT MOBILIZATION

Key Concepts:

Structural Restoration of Joints & Ligaments

Initial Preparation of Body for Exercise

P.T. Intervention: Skilled Joint Mobilization/Manipulation

Patient Activities: Rest, Pain Relieving Positions and Activities, Manage Medications

Wellness Opportunities: Guided Imagery

STEP 3: SKILLED MUSCLE & NERVE MOBILIZATION

Key Concepts:

Structural Restoration of Skin & Scars, Play/Tone of Layers of Muscles, Tendons & Nerves

Final Preparation of Body for Exercise

P.T. Intervention: Skilled Skin & Scar, Muscle & Nerve Mobilization/Manipulation

Patient Activities: Initial Exercises in Clinic

Wellness Opportunities: Massage, Acupuncture

STEP 4: THERAPEUTIC EXERCISE

Key Concepts:

Stretching/Strengthening

Nerve Health Exercises

Balance/Coordination

P.T. Intervention:

Prescribe Exercises Individually

Train Patient to Exercise Correctly

Web-Based Video Home Exercise Program

Patient Activities: Learn Home Exercises

Wellness Opportunities: Pilates, Ball/Roller Classes

STEP 5: BODY CONTROL TRAINING

Key Concepts: Develop Pain-Free Posture and Movement Options and Strategies Specific to Patient

P.T. Intervention:

Patient Training in Posture & Movement

Patient Activities:

Assimilate Healthy Behaviors

Adapt Home/Work Environment

Wellness Opportunities: Tai Chi, Yoga

Physical Therapy Treatment Completed
Patient Continues Home Exercise Program and
Wellness Services to Protect Their Lifestyle

WELLNESS BEGINS HERE !

