

THANK YOU FOR YOUR EXPRESSION OF CONFIDENCE IN OUR PROFESSIONAL SKILLS!

As founder and sole owner of Lake Country Physical Therapy and SportsCare, PC, I am very proud and privileged to have the opportunity to assist people of all ages with pain and physical limitations.

The dream of having my own physical therapy practice as a freshman in high school became a reality in 1987. Lake Country Physical Therapy and SportsCare, PC cared for the first patient in July of 1987. The facility was the only sports injury rehab and conditioning facility in Canandaigua. Today, we have not only continued caring for injured athletes and weekend warriors, but also those who want to prevent future sports injuries and of course those with all types of orthopedic problems. We have provided care for people of all ages, from children to great grandparents, who have undergone all types of orthopedic surgeries, or who have sprains, strains or tendonitis and want to return to pain free activities of daily living. While we receive referrals from dentists for jaw pain and difficult function, many know Lake Country as the place to go for headaches, back, neck, shoulder, knee and any other extremity pain or limitations.

Over the last 15 years, I have specialized in evaluating and treating women's and men's health issues of which include treating urinary and bowel urgency, frequency and incontinence, pelvic pain, painful intercourse, anal fissures, hemorrhoids, pain associated with peri-menopause and post menopause, osteoporosis, fibromyalgia, and pregnancy related pain. Prevention of diastasis and future incontinence is imperative for all pregnant. Many women post pregnancy require instruction on proper abdominal rehabilitation and confirmation of correct technique doing pelvic floor muscle contractions.

The team offers vertigo and balance rehabilitation for all ages including post-concussion head trauma. Any type of surgery requires post-surgical care, to promote healing, strengthen, and restore mobility and function. Many might not realize the importance of rehabilitating the abdominal wall after abdominal surgery or for an example rehabilitating the neck and shoulder after a radical neck procedure.

Scar tissue restrictions and adhesions are easily released with hands on Graston techniques and other gentle soft tissue approaches to restore mobility. We take pride in being "manual therapists", which means we use our hands, providing one to one personalized care to manage your pain and restore motion. Our "tool box" of manual therapies is extensive and what we choose to provide is very individualized based on your complaints, restrictions and medical history.

The physical therapy team at Lake Country Physical Therapy is particularly proud of their very unique skill set with “PERT”, Pain/Primal Reflex Release Technique (PRRT). We are amongst less than 100 trained worldwide at the most advanced level. PRRT is a gentle, “hands on” manual therapy that quickly and effectively manages pain. PRRT addresses painful trigger regions that are linked to the Dura/cranial nerves/sympathetic nervous system loop. These techniques *down-regulate* this loop. “It is like rebooting the computer, our brain.” Our patients typically experience pain relief and restored function from the first session.

The team’s focus in care is to provide cost effective, efficient and expedient care. Once the pain is under control with our hands on expertise, we offer customized one to one self-care and prevention instruction.

Lake Country Physical Therapy and SportsCare, PC initiates care within 48 hours. All you need to do is call and make an appointment. The NYS direct access law allows you to receive care without seeing your doctor first and most insurance carriers no longer require a referral to initiate physical therapy.

Lake Country is resuming home visits for those who do not have transportation or are unable to drive, after surgery when it is difficult to get out of the home due to pain or physical limitations or for those who want to improve their overall function so it is easier to do things outside the home. Keep in mind if you are having skilled care in your home such as nursing, your insurance carrier will not cover our services until that portion of your home care is completed. However, you can receive care on a self - pay basis.

We look forward to providing continued excellence in care for you, your family and friends.

For more information about **Lake Country Physical Therapy and SportsCare, PC**, please call **(585) 396-1400**, email Zoe@lakecountrypt.com or visit us at www.lakecountrypt.com