

## Winter Injuries

### Quote from Stacy, PT

“During the winter months, neck & back injuries may become more prevalent due inclement weather. TuDor Physical Therapy Centers offers a **DECOMPRESSION/TRACTION TABLE** for such injuries. This device is commonly used to treat disc bulges, protrusions, herniations, and prolapse degenerative disc disease as well as facet syndrome.”

This is a non-surgical alternative for those suffering from chronic lumbar and cervical conditions. Therapy sessions last approximately one hour and can include any necessary therapies, such as hydro – massage or hot packs to heat up the muscles and to relax the trigger points prior to the stretch and decompression of the disc. This type of treatment has been shown to reduce back pain in 70 – 86% of patients. This newly purchased piece of equipment is available at our Austintown Center. For additional information, call 330-270-5410.



## Lymphedema Therapy and Wound Care

### Quote from Gail, PTA, CLT

“For those millions of people suffering from Lymphedema, Venous Insufficiencies, Lipedema, Wound Care, or Edema that does not subside following rest or proper care, there is an alternative treatment protocol. TuDor Physical Therapy Centers now offers complete decongestive therapy and wound care. Our results with this very specialized area have been phenomenal. We believe that patient education is the means to successful home lymphedema management and the freedom to resume a happy healthy lifestyle.”

If you or someone you know suffers from these conditions, please call our Cornersburg Center at 330-799-6298 to schedule and appointment with one of our **Certified Lymphedema Therapists**.

## Announcements

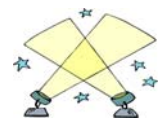


We are welcoming a new Physical Therapist (PT) to our centers. Her name is **Patrice Ross**. She brings with her 16 years experience as a PT and vast knowledge of the physical therapy industry.

We are congratulating **Darris Binion** who currently works at our Cornersburg Center. He has completed his certification to become a **Level III Personal Trainer**. He is also certified in the **Pilates Reformer** and **Mat Pilates**.

**WATCH FOR OUR NEXT NEWS LETTER FEATURING INFORMATION ON  
OUR CERTIFIED HAND THERAPIST.**

## Upcoming Events



TuDor will be holding a training class March 30-April 1<sup>st</sup> for their employees as well as outside therapist. This will be held at our Boardman location on the **Maitland Concept** of manual therapy techniques for the back and neck patients. This is a form of physiotherapy carried out by specially trained and highly qualified therapist. This course is designed to use a specific approach involving detailed examination, diagnosis, and treatment of a wide range of conditions using manual therapy.

**Austintown**  
330-270-5410

**Boardman**  
330-965-9330

**Columbiana**  
330-482-3680

**Cornersburg**  
330-799-6298

**Warren**  
330-270-5410