

RETURN TO WORK

OUR JOB IS
TO HELP YOU
DO YOURS.

agilityhealth®



PUTTING OUR EXPERTISE TO WORK.

When accidents happen in the workplace, that's when the expert staff at Plainwell Agility Health Physical Therapy gets the job done. We'll work with your physician and your employer to create a plan that gets you back in good health and back to work.

Our services / specialties include:

- Board Certified by the American Board of Physical Therapy Specialties in Orthopaedics (OCS)
- Orthopedic Manual Physical Therapy (OMPT) Specialist
- Research Based Rehabilitation Programs for Common Work Injuries Including Tendonitis and Overuse Injuries
- Biomechanics, Ergonomics and Lifting Training
- Pre-work Stretching Programs Designed Specifically for Job Duties
- Neuromuscular Activation (Neurac) Therapy Utilizing Redcord Equipment
- Spine and Back Therapy
- Return to Work Training

We know that lost work time is valuable, and will make every effort to schedule your first appointment within 24-48 hours. Flexible morning and evening appointments are also available to fit your schedule. Our goal is for you to return safely to work with less symptoms and also with the knowledge to appropriately manage and prevent your condition from happening again.

agilityhealth[®]

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