

IS MOBILE PHYSICAL THERAPY
the Right Fit For Me?





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We recently had a patient who was considering dropping physical therapy. Not because she had graduated from the program—she was still in rehabilitation. Nor did she feel like physical therapy wasn't helping. In fact, she loved her sessions and had noticed a marked improvement in her strength and mobility.

So why did she want to drop out? The answer is simple: logistics.

This patient was a single mother of two, and getting her schedule aligned so she could come into the clinic was proving a nightmare. She'd already missed several sessions and wasn't sure how she could keep up the pace. Fortunately, we had a solution for her: mobile PT! Mobile physical therapy offers the same great benefits as in-clinic PT. The only difference is that we come to you, making it an excellent choice for people with limited mobility or busy schedules.

Once our patient switched to mobile PT, she never missed a session. Think you might have a similar experience? Call iMove PT for an appointment to learn more!

How Does Mobile Physical Therapy Work?

Mobile physical therapy isn't significantly different from in-clinic physical therapy. In both cases, our PTs will perform a comprehensive physical assessment to help us understand your concerns and overall goals. We'll create a customized treatment plan consisting of manual therapy,

targeted exercises, prevention, training, and more. And most importantly, we'll guide you through the entire process.

The only difference is where the treatments take place. When you utilize our MOBILE physical therapy services, one of our physical therapists will meet you at your home, office, or location of your choosing bringing any necessary equipment.

Who Can Benefit from Mobile Physical Therapy?

Many people assume Mobile Therapy services are for those with limited mobility—such as older adults who can no longer drive themselves to a clinic or people who suffered a severe musculoskeletal injury. While this is absolutely true, mobile PT is also a great choice for anyone who would prefer the ease and convenience of meeting in their home.

For example, many of our mobile PT clients are busy professionals who work remotely. With Mobile Therapy, they don't have to factor in drive time and can easily squeeze us in between meetings or assignments.

We also find parents love our Mobile Therapy services. Having a physical therapist come to the home means that a busy mom doesn't have to worry about finding childcare. Athletes are another group that benefits from mobile physical therapy.

Many already have their own equipment or home gyms, and with mobile PT, we can provide customized guidance on what they can do on their own time to continue their rehabilitation.

But really, anyone who doesn't want to drive to a clinic will benefit from mobile PT.

Learn more at imovephysicaltherapy.com

**CALL TODAY TO GET
STARTED!**

ST. LOUIS, MO (CLINIC):
636.590.6827

ST. LOUIS, MO (MOBILE):
636.728.9046

MID COUNTY ST. LOUIS:
314.377.7986

METRO EAST, IL:
618.738.0397

KANSAS CITY, MO:
816.207.3637

TULSA, OK:
573.206.8614

JOPLIN, MO:
417.695.5367

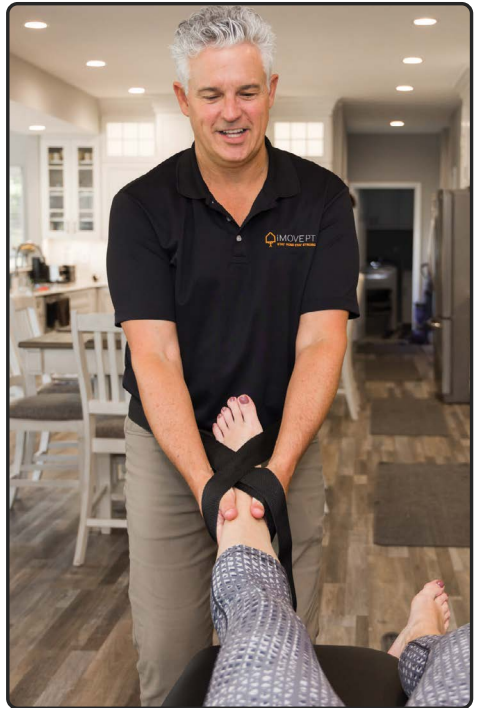
WHAT DO WE OFFER THROUGH MOBILE PT?

In addition to standard physical therapy treatments, we offer several specialized programs through our mobile PT program, including the following:

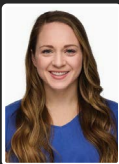
- **Workstation Ergonomics Assessment:** Struggling with aches and pains at work? Your workstation might need an ergonomic adjustment. We'll come to your home or office and provide simple suggestions.
- **Vestibular Rehabilitation:** Vestibular rehabilitation helps manage dizziness and vertigo through special maneuvers and exercises. This is an especially great choice if your symptoms make driving a challenge.
- **iMove Your Body Fitness Program:** Not sure how to start exercises for fitness? Whether you're just starting out or simply want to continue the regular exercise routine you began with physical therapy, we'll find the right program for you.
- **Golf Fitness Assessment:** Are you an avid golfer looking to improve your score and prevent injury? We can bring a Titleist Performance Institute golf screen right to your home. This 16-point screen will let you know where to start working to improve your game!
- **LSVT BIG:** If you're living with Parkinson's disease, the LSVT BIG program helps address the balance and gait changes accompanying the condition, emphasizing making your movements bigger.

Say Goodbye to Scheduling Stress with Mobile Physical Therapy!

No matter who you are, mobile physical therapy at iMove PT helps you avoid the logistical hassles of scheduling appointments and making it out to a clinic. That way, you can focus on your health and well-being! Call us today to learn more about our Mobile Therapy services.



Staff Spotlight: Chelsey Harris iMOVEPT[®] imovephysicaltherapy.com



Chelsey was raised in the small town of Freeburg, IL. Growing up she really enjoyed being active and spending time outdoors. At a young age she became very interested in exercise and nutrition. After high school she decided to go to Southern Illinois University of Edwardsville where she graduated with her bachelor's degree in Exercise Science.

While in school, Chelsey was a competitive powerlifter. She spent all her free time in the gym training for powerlifting meets. As a result of the demands of the sport, she sought out the help of a physical therapist to help her with low back pain. Little did she know, this therapist would later become a mentor and guide her towards the decision of pursuing a career as a physical therapist assistant.

In May 2018, Chelsey graduated from Southwestern Illinois College and became a licensed Physical Therapist Assistant. Since then she has been working in the outpatient setting treating a wide range of patients. In February 2024, Chelsey had the opportunity to join the iMove team and help patients from the convenience of their home. She is not only passionate about helping her patients achieve their goals, but also educating them along the way so they can continue making progress long after therapy is completed.

When Chelsey isn't working at iMove, she enjoys spending time on the farm with her husband, dog, three cats, and chickens. In her free time you can usually find her in the garden, hiking through the woods, or out on the lake.

Call 314.377.7986 to schedule with our Mid County team today!

IMOVEPHYSICALTHERAPY.COM



"I'd give it 10 stars if I could."

"The therapists at iMove PT are so knowledgeable and professional. They really pay attention to what you need and want to accomplish. Great location, easy parking within steps of the front door, friendly people, and take home exercises to keep you on track. I'd give it 10 stars if I could."

— G.J.

OUR **MOBILE** PHYSICAL THERAPY SERVICES

At iMove PT, we offer a comprehensive range of mobile physical therapy services designed to cater to your unique needs. Our expertise spans orthopedic rehabilitation, sports medicine, neurological rehabilitation, geriatric physical therapy, and pre and post-surgical rehabilitation.

By providing targeted, specialized care, we ensure that our clients receive the most effective treatment and support throughout their recovery journey. Our mobile services bring this personalized approach directly to your doorstep, making your physical therapy experience more convenient and accessible than ever before.

We understand that every client's journey to recovery is unique, which is why we prioritize personalized treatment plans, skilled and licensed therapists, flexible scheduling, and ongoing support. At iMove PT, our commitment to your well-being extends beyond treating injuries and conditions.



Patient Testimonial: Jenni M.



Patient Testimonial: Jenni M.

Watch this video from our YouTube page to learn about Jenni's experience with iMove PT. Scan the QR Code to watch now.



GET STARTED TODAY

We are here to help you.

Call the location closest to you to get on our schedule or learn more about our at home services today.

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