

north valley

community connection

Oh My Aching Joint.... Physical Therapy Can Help!

By Carla Kazimir PT

Many of our patients that come for physical therapy have been living with chronic pain for years. They are really surprised when the pain gets better. Some of our patients complain because they went to physical therapy at other clinics only to be treated by a technician who did not have the expertise to evaluate the situation. They were put on a factory program and saw little in the way of results.

At North Valley Physical Therapy, every patient is given a comprehensive evaluation on their first visit. We spend time listening to what you have tried before and what has worked for you in the past. We test your strength and your flexibility. Each patient fills out a pain questionnaire which is analyzed. We plan a custom treatment program.

At North Valley Physical Therapy we utilize cold laser, microcurrent, ultrasound, highvolt galvanic and interferential current. We have a state of the art decompression table. We do manual therapy. We have all the modalities to choose from.

Our gym is outfitted with all the latest machines and exercise equipment. We have lots of rehabilitation tools at our fingertips so we can provide you with a very effective and efficient rehabilitation program.

Our clinic is entirely accessible for wheelchairs. We even have an accessible bathroom and all our tables are electric so you don't have to climb on to anything.

We want each patient to feel truly cared for. Our staff works very diligently to provide a kind and helpful atmosphere so that each patient feels comfortable and welcomed at our clinic.

Proper treatment planning combined with a great atmosphere allows patients to heal quickly and get the results they were longing for. Often people think weeks of therapy are required to help someone get better. We can accomplish a lot in one to two visits. Many of our clients don't have insurance and pay out of pocket for one or two sessions. We can instruct patients in a home program.

Do not rule out the possibility of healing because you tried physical therapy ten years ago and it didn't help. We want to exceed your expectations!

Stop by during the months of November and December and see our new display of physical therapy holiday gifts! We have stretching straps, balls, hand exercisers, and pain management tools for that special someone on your list this holiday season!



North Valley Physical Therapy is located in the Knollwood Shopping Center at 11858 1/2 Balboa Blvd, Granada Hills, Ca 91344 Phone- 818-217-4868 www.northvalleypt.com. The clinic is owned and operated by Carla Kazimir PT. We are Medicare and Blue Shield providers and we bill all private insurances and have a cash based wellness program. Carla Kazimir has been helping physical therapy clients in the San Fernando Valley since 1984.