

## TOTAL FITNESS CONNECTION

Total Fitness Connection is committed to providing you with the most effective physical therapy services. Our emphasis is simple: Optimize your function as efficiently as possible.

We wish to partner with you by providing you with professional instruction that will assist you in facilitating lifestyle changes that will enhance your health and ability. We also provide free screening to give you information about your condition so that you can resolve it or if necessary make an informed decision as the course of action necessary toward a solution.



*“Our Goal is  
Simple....To  
Help you Meet  
Yours.”*

Musculoskeletal  
intervention for all  
ages.

**At your service...**

2235 Russellville Road  
Bowling Green, KY 42101  
Phone: 270.781.1151  
Fax: 270.781.5990

542 Three Springs Road  
Bowling Green, KY 42104  
Phone: 270.782.3503

990 Wilkinson Trace, Ste B-1  
Bowling Green, KY 42103  
Phone: 270.781.8040

[www.totalfitnessconnection.com](http://www.totalfitnessconnection.com)



**What can a  
Physical  
Therapist Do  
for you?**



**At your service...**

Phone: 270.781.1151

## Total Fitness Connection: WHY CHOOSE US?

- **Quality**– We strongly believe in one on one professional attention with our clients to ensure that they receive consistent care.
- **Accessibility**– We make every effort to accommodate your schedule. Our policy is to initiate physical therapy treatment as early as possible to expedite the recovery process. Weekend and evenings by appt.
- **Communication**– If you have been referred by a physician we provide your doctor with updates with each follow-up visit to keep him informed of your progress.
- **Pre-certification**– Our office will assist you in assuring that all treatments are approved with your insurance company. We are providers for most private insurance, Medicare and Workman's Compensation.
- **Outcomes**– We consistently progress you toward your optimal function. Our Goal with your program is to help you achieve independence.



You determine your treatment goals.

### OUR EXPERTISE:

- **Comprehensive neck and back care**– including hands on therapy, lifting technique training, back and neck protection principles, pain control modalities, and customized exercise programs.
- **Arthritis**- upper and lower extremity arthritis care consisting of education in joint protection principals and home exercise instruction.
- **Shoulder pain**– detailed musculoskeletal examination to pinpoint the physiological origin of the problem with construction of a highly customized treatment approach targeting these findings.
- **Foot pain**– biomechanical analysis of the foot during weight bearing assists in treatment planning. Orthotics are available for pronation-related syndromes if indicated.
- **Knee pain**– traumatic injuries or chronic pain conditions are treated following thorough assessment and determination of underlying causes of pain.
- **Hip and pelvic dysfunction**– Traumatic falls or pre and post partum laxity are treated with gentle mobilization and muscle strengthening to provide long term relief.
- **Traumatic hand and elbow injury**- utilizing modalities, manual, and exercise techniques we address comprehensive hand and elbow disorders .
- **Aquatic Therapy**– Back pain, joint replacements, arthritis, fibromyalgia, etc. Many conditions benefit greatly from one on one aquatic rehabilitation in an unweighted environment.



**Total Fitness Connection-**  
Helping you.

### OUR COMMITMENT:

Total Fitness Connection is committed to continually improving through education and thoughtful practice. We look forward to partnering with you in optimizing your health.

### OUR TEAM:

TFC Physical Therapy staff includes eleven (11) licensed therapists with expertise in orthopedics and certifications in strength and conditioning to meet all of your musculoskeletal and fitness needs.



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