

# PHYSICAL THERAPY

**IF YOUR PHYSICAL FUNCTIONING IS LESS THAN OPTIMAL** due to disease, injury or disability – our on-site Physical Therapy staff can help. Our therapists are movement experts who will relieve pain, improve the quality of life and get you back on track quickly.



## OUR SERVICES FOCUS ON

SERVICES		PAINS
Lift Test		Headaches
Fall Prevention		Neck Pain
Balance Evaluation		Shoulder Pain
Gait Evaluation		Back Pain
Strength & Endurance Training		Hip Pain
Joint Replacement Aftercare		Knee Pain
Motor Vehicle Accident		Ankle Pain
Return to Play / Sports Injury		Foot Pain
Return to Work		

TO MAKE APPOINTMENTS VISIT OR CALL

**SOLVERAHEALTH.COM**  
**309-886-9172**

NOW ACCEPTING NEW PATIENTS

## WE SPECIALIZE

- > Bell's Palsy
- > Concussion / Head Injury
- > Lymphedema / Swelling
- > Parkinson's Disease
- > Stroke Aftercare
- > TMJ Disorders
- > Vertigo / Dizziness

## OTHER TREATMENT OFFERINGS

- > Manual lymphatic drainage for lymphedema and swelling
- > Multiple manual therapy techniques
- > Myofascial cupping techniques
- > Myofascial strain counterstrain techniques

## ON-SITE SPECIALIZED EQUIPMENT



- > Cold Laser / Low Level Light Therapy
- > Video Goggles (to support gold standard diagnostics for vertigo)
- > Alter Gravity Treadmill

## PARKINSON'S DISEASE

The Physical Therapy team at Solvera Health specializes in treating patients with Parkinson's disease. Our therapy staff are certified in \*LSVT BIG® which is a program designed specifically to combat the physical effects of Parkinson's Disease.

We offer individualized treatment programs within a research-proven protocol to help people with Parkinson's and other movement or neurological disorders. The therapy staff can address difficulty with balance, walking and functional movement — and can help improve other daily life needs such as getting in and out of a chair, getting in and out of bed, getting dressed, and getting in and out of the car.

Our staff can also address specific stiffness and weakness patterns unique to individuals to improve movement, reduce stiffness, decrease pain and maintain an overall good quality of life.

\* LSVT BIG® is a research based standardized protocol that has been proven to be more effective than just staying active and exercise by itself for those with Parkinson's. It consists of sixteen one-hour long high intensity sessions that are one on one with a certified therapist and targeted at driving changes in the brain as well as the body. It also involves daily homework and carryover tasks to allow the patient to keep fighting back at the disease on their own time. LSVT BIG® gives the therapist and patient tools that support the ongoing management of the disease process and symptom(s) after they graduate from the program.

OUR PHYSICAL THERAPY STAFF  
ARE CERTIFIED IN \*LSVT BIG®

## WE CAN HELP IMPROVE DAILY LIFE ACTIVITIES

- > Getting in and out of a chair
- > Getting in and out of bed
- > Getting dressed
- > Getting in and out of the car

## LIGHT THERAPY SPECIALTY

Solvera Health offers three different types of light therapy each with different properties and abilities to help the body heal & recover:

### Blue Light

- > General Sanitization
- > Bactericidal Effect
- > Fungicidal Effect

### Red Light

- > Resolution of Inflammation
- > Reduction of Edema
- > Pain Relief
- > Superficial Tissue Repair

### Infrared Light

- > Tissue Repair
- > Superficial or Deep
- > Pain Relief
- > Resolution of Inflammation
- > Reduction of Edema
- > Penetrates to Deeper Layers of Tissue



Rosie Hoerr  
Physical Therapist

## VISIT US

### LOCATION

3525 N. University Street  
Peoria, IL 61604

*We're conveniently located on the corner of University and War Memorial.*

### CLINIC HOURS

8:30am – 5:00pm  
Monday through Friday

## PRIMARY CARE

Solvera Health is a primary care provider and is accepting new patients. If you need to see a physician or are looking for a primary doctor, request an appointment online at **SolveraHealth.com** or call **309-886-9172**. We accept most insurance, including Medicare, and support seniors, families and individuals.