

NO NEED TO GO IT ALONE!



LatitudePT

Strength from the ground up

Modern movement-centered Physical Therapy

LEARN MORE AT [LATITUDEPT.COM](https://latitudept.com)

Build your foundation from the bottom up; strengthen your core from the center out. When there are no barriers between the patient and their doctor it's amazing what we can accomplish. In partnership with [METSI Care](#) we provide affordable complete wellness solutions with the aim of fostering creative growth within our communities.

DON'T RUN FROM THE PAIN, BEAT IT!

Be guided by experts in health & wellness

We help anyone who wants to run, lift, or move freely to heal their injuries or improve their performance without the use of medications, injections, or surgery. Should you require additional medical treatment, come see our doctor at [METSI Care](#). We help anyone who's pain feels too heavy to carry alone. Free the body, and the mind is free to create.

- **Running & sports injuries**
- **Deskbound injuries & postural dysfunction**
- **Localized pain such as...**
 - **Neck pain & headaches**
 - **Shoulder pain & rotator cuff injuries**
 - **Low back pain & disc injuries**
 - **Hip pain & labral tears**
 - **Knee, ankle & foot pain**
 - **and more...**

**PAY OUT-OF-POCKET
AND SAVE BIG!**

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PACKAGES AND DISCOUNTS AVAILABLE

Treatments & services we provide include manual therapy, dry needling, soft tissue manipulation, IASTM (similar to Gua Sha & Graston), myofascial trigger point release, trigger point cupping, McConnell taping, the Mulligan concept, McKenzie technique, electrical stimulation, education on pathology & pain science, post-surgical rehab & prehab, neuromuscular re-education, therapeutic exercise, strength & conditioning, and performance & wellness services.

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