



**SYNERGY**  
PHYSICAL THERAPY

9941 N 95TH ST #102  
SCOTTSDALE, AZ 85258  
**[P] 480.767.0794**  
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***Synergy Physical Therapy is a patient-focused clinic that successfully treats surgical and non-surgical diagnosis.***

We are for everyone because of our dynamic approach to physical therapy.

Synergy Physical Therapy is conveniently located off the 101 and Shea in Scottsdale.



[SYNERGYPTPH.COM](http://SYNERGYPTPH.COM)

**STAND STRONG,  
WE'RE BY YOUR SIDE**



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PHYSICAL THERAPY

# How doctors can *empower patients*

At Synergy Physical Therapy, we believe that patients should be empowered and allowed to take their health care into their own hands. We also believe that starts with the doctors.

## Why?

**Because at the end of the day, patients trust what you are saying and believe your plan of care is the right way.**

**WE ARE A "QUICK FIX" NATION.**  
**SO HOW DO YOU, THE DOCTOR, EMPOWER THE PATIENT?**

***We believe that every patient should:***

- Have a choice in their plan of care
- Be given rational expectations
- Be encouraged to live an active lifestyle by avoiding rest and maintaining activity
- Be encouraged to start with physical therapy

***Why start with Physical Therapy?***

- Many musculoskeletal injuries and problems can be corrected with physical therapy.
- Physical therapy teaches patients how to manage pain, correct improper mechanics, and build strength to enhance health, well-being, and quality of life.
- Therapeutic intervention restores, maintains, and promotes optimal physical function.
- The cost of health care is ballooning. Oftentimes, before a patient is referred to physical therapy, they have already spent more than they can afford and will never start PT.

## Where does that leave doctors? **In the game.**

When physical therapists and doctors work hand-in-hand, patient outcomes increase in both surgical and non-surgical cases.

Arizona is a **direct access state**, meaning patients do not need referrals from doctors to go to physical therapy. When physical therapists and doctors work together for the sake of the patient, physical therapy clinics can refer the patient to doctors for advanced testing, surgical intervention, and alternative treatments.

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***Empowering the patient***  
PT First.

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