



SYNERGY
PHYSICAL THERAPY

9941 N 95TH ST #102
SCOTTSDALE, AZ 85258
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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.



SYNERGYTPH.COM

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



SYNERGY
PHYSICAL THERAPY

At Synergy Physical Therapy, ***we treat everyone like an athlete.***

WHY?

*Because we all make athletic movements **EVERY DAY.***

So how do we treat an everyday patient, a weekend warrior, and a skilled athlete differently *and* specifically? **Easy!**

We begin with a focus on **proper body mechanics**, followed by moving patients through the **strength phase**. From there it gets fun...

Regardless of whether a patient is a skilled athlete or a weekend warrior, we begin by training them for their sport or favorite activity. We perform exercises for both **strength** and **duration**, building confidence and stability.

OUR JOB AS PHYSICAL THERAPISTS IS MORE THAN GETTING PATIENTS "JUST GOOD ENOUGH." IT'S ABOUT MAKING THEM STRONGER AND MORE AWARE OF THEIR BODY REGARDLESS OF THEIR HOBBIES OR SPORT.

WHEN PATIENTS ARE TREATED SPECIFICALLY FOR ONE BODY PART, WE NEGLECT THE MANY COMMON MOVEMENTS OF THE HUMAN BODY:

PUSH/PULL



SQUAT



LUNGE



HINGE



ROTATE



GAIT



REGARDLESS OF AGE, SKILL, OR INJURY, THE BODY IS PERFORMING THESE MOVEMENTS (AND SOMETIMES MULTIPLE MOVEMENTS) AT ANY GIVEN TIME.

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Empowering the patient
PT First.

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