



SERC

physical & hand therapy

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IN THE CLINIC | Reaching Your Goals with PT

Okay, 'fess up. What's your New Year's resolution? Do you want to get in shape? Complete a triathlon? Maybe you've told yourself this is the year you're going to lose a little weight. If you've made a New Year's resolution, you're certainly not alone. Many of us find that the new year is a good time to take stock of our goals and plan a strategy to reach them.

But what if the goal you've set for yourself seems impossible? Maybe it's that nagging knee pain that makes you feel like you'll never run a marathon. Or your back pain makes it difficult to exercise on a regular basis like you'd like to. You may be discouraged and tell yourself that it's just not going to happen this year. Why not make this the year that it does happen?

Let SERC help. Physical therapy is about helping people improve their function and achieve their goals. Physical therapists work with virtually every muscle from head to toe. From that pesky leg pain that just won't go away to an old shoulder injury that's rearing its ugly head again, the therapists at SERC are trained to treat and educate patients with a wide variety of injuries.

And most patients are happy to find that the results and benefits from therapy begin immediately after their first session. With the help of SERC Physical Therapy, you could be on your way to full functionality, and with it, the realization of your goals. Talk to your doctor to see if physical therapy is the right choice for you. If you have any questions about physical therapy and how it could help you, please call SERC Physical and Hand Therapy at 913.384.1642 or 816.554.9559.

SCOPE OF SERVICES

- Physical Therapy
- Hand Therapy
- Sports Injury Treatments
- Work Injuries, including FCEs and work conditioning
- Diagnoses treated include:
 - spinal disorders
 - pre/post-op surgical disorders
 - repetitive stress disorders
 - hand and upper extremity injuries and disorders

CLINICS

Belton/Raymore
Blue Ridge Tower
Clinton
Harrisonville
KC North
Kearney
Lansing
Lee's Summit
Liberty
Metro North
Odessa
Olathe
Overland Park
South Raytown
Shawnee



Are you looking for
a safe, effective
way to achieve
long-term health?

With Take Shape For Life, you receive:

- » High-quality, portion-controlled nutrition with Medifast Meals
- » Free one-on-one support from a Health Coach
- » Habits of Health that help you achieve long-term Optimal Health
- » The ongoing support of the Bio-Network—a community of doctors, nurses, dietitians, and other health professionals

FOR MORE INFO, CONTACT SERC'S HEALTH COACH, GINGER SLOAN
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