



REGAIN MOBILITY

“I have relied on Integrated Therapy and their talented group of therapists to help my patients for many years. They do an excellent job of rehabilitating my spine patients to either help them recover without surgery or facilitate their rehab from surgery. The staff is friendly and patients enjoy the experience and love the results.”

– Keith Osborn, MD
Northside Orthopedic Institute

“Integrated Therapy is absolutely my first choice for aquatic therapy for my patients. My patients’ results have been outstanding and they actually enjoy going to therapy. It is a great option for my patients with spine pain. Many of them are able to exercise far more effectively in the pool than on land, particularly if other conditions such as joint arthritis make it difficult.”

– Krystal W. Chambers, MD
Resurgens Orthopaedics

“Patients readily find they can move more freely in the water than on the land. They subsequently are more compliant with aquatic therapy and have a greater sense of accomplishment. The real value of Integrated Therapy is that the therapists motivate our patients to continue their exercise program by participating in aquatic classes after the initial prescribed course is completed. Improving strength and mobility then becomes a life time endeavor, instead of a short sighted, six week goal.”

– Kimberly Wilson, MD
Piedmont Rheumatology Consultants, PC

“I have found Integrated Therapy to be a valuable resource for my patients...not only with respect to gentle strengthening and improving range of motion, but also diminishing pain.”

– Scott Pennington, MD
Peachtree Orthopaedics

“From my pro athletes to weekend warriors, aquatic-based therapy accelerates recovery for my patients. Rehabilitation in a buoyant environment with specialized therapists reduces pain and improves flexibility and strength training. Integrated Therapy has been vital to my patients’ success in the crucial post-operative phase, when cross training is required after injury, and even for the most challenging cases where traditional therapy has not helped.”

– Beatrice Shu, MD
Kaiser Permanente

OUR PARTNERS



INTEGRATED THERAPY
OUTPATIENT AQUATIC PHYSICAL THERAPY

EXPERIENCE THE HEALING OF WATER



WHY WATER?



The utilization of the physical properties of water to promote healing and return patients to function is not a new concept. Thousands of years ago, the Greeks and Romans were known to design elaborate aqueducts in order to receive these healing benefits.

Aquatic physical therapy combines the benefit of exercise with the buoyancy and resistance of heated water to create a controlled, productive environment for rehabilitation. With a skilled clinical team and a state of the industry aquatic therapy program, both swimmers and non-swimmers of all ages can benefit from the healing effects of water therapy.

Integrated Therapy Founder Harriet Adams realized the benefits of aquatic therapy during her training in Bad Ragaz, Switzerland, where she learned amazing techniques, and experienced first hand the outcomes patients could achieve with this type of therapy.

Harriet founded Integrated Therapy in 1999 in Atlanta, and is a national speaker on aquatic therapy and author of the “Aquatic Exercise Toolbox.”

INTEGRATED THERAPY



As the largest aquatic therapy provider in the Southeast, Integrated Therapy is committed to providing the highest quality of care possible. Utilizing the physical properties of the water, our goal is not only to restore each patient to their maximum function, but also provide education about their injury and tools for prevention.

Each therapist receives post-graduate continuing education in aquatic physical therapy, and is certified in basic water rescue skills. Therapists accompany each patient in the water during their treatment. We strive for our patients to see the same therapist at each visit.

– Harriet Adams, BA, PTA
Founder / President



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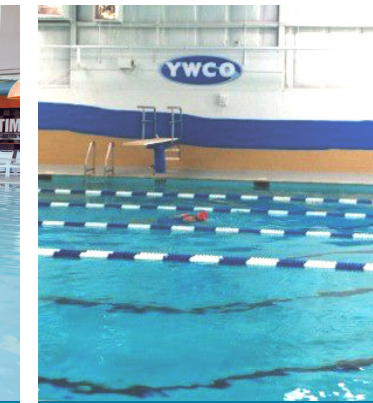
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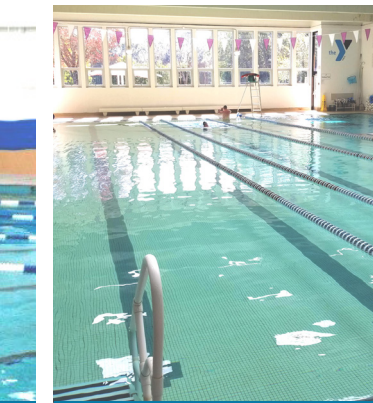
JUMP INTO THE WATER JUMP BACK INTO LIFE



Alpharetta



Athens East



Athens West



Briarcliff



Calhoun



Cherokee

WHAT YOU CAN EXPECT

OUR PHYSICAL THERAPISTS

Integrated Therapy specializes in the treatment of injuries to muscles, bones, ligaments, joints, and nerves. Our goal is to return patients to their normal activities while helping them move, feel better, and prevent re-injury.

Our focus is on the whole patient from start to finish. With personalized care, our staff will share expertise on prevention, knowledge about your diagnosis, current research, treatment options, and will assist you with navigating insurance questions.

INITIAL VISIT

At your first visit, a thorough evaluation will be performed by a physical therapist on land. During the evaluation, your therapist may perform a series of tests to determine range of motion, muscle strength, postural alignment, abnormalities in walking pattern, body mechanics, or quality of movement. Short and long-term goals will be established in your plan of care.

TREATMENTS

Under the careful guidance of physical therapists and physical therapist assistants, patients work on a wide range of exercises and activities designed especially for each patient. Your physical therapist will utilize the physical properties of the water to achieve your short and long-term goals.

GOALS OF AQUATIC THERAPY

- Increase flexibility and range of motion
- Decrease pain
- Strengthen muscles
- Improve balance and coordination
- Reduce need for pain medication

BENEFITS OF WATER

- The body can move more freely than on land
- Decreased compression on joints
- Swelling and inflammation is diminished
- Enhances aerobic capacity
- Adds natural resistance for strengthening the body

**At selected sites, we have Spanish speaking physical therapists.*

DEFY GRAVITY

“As a busy spine physician, I am always looking for top-notch therapists to help me get my patients back on track. The therapists at Integrated Therapy have done just that. Exercise in an aquatic environment offers many advantages traditional physical therapy simply cannot. My patients love the therapeutic benefits of being in a buoyant, “weightless” environment, and more importantly, they now ENJOY doing their therapy exercises. Thanks to Integrated Therapy, I have a lot of very happy, pain-free patients!”

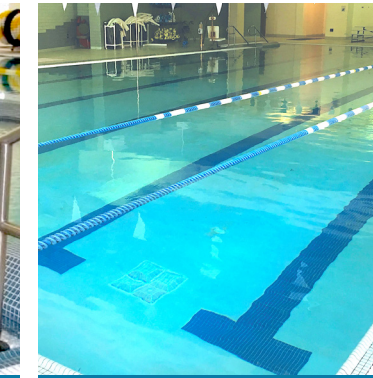
*- Reuben Sloan, MD
Resurgens Orthopaedics*

“Integrated Therapy is the go-to group for aquatic therapy which defies gravity that puts stress on arthritic joints. In fact, some patients who can't walk on land can 'run' in a pool. Our patients love Integrated Therapy because the therapists empower them to improve their mobility.”

*- Hayes Wilson, MD
Piedmont Rheumatology Consultants, PC*



Cumming



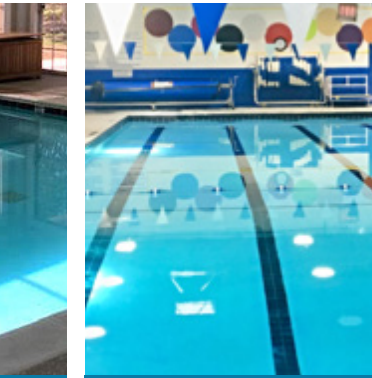
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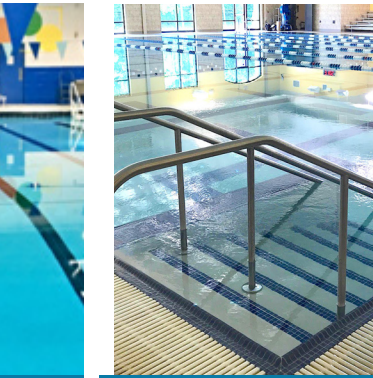
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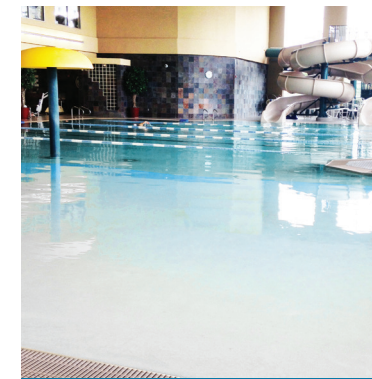
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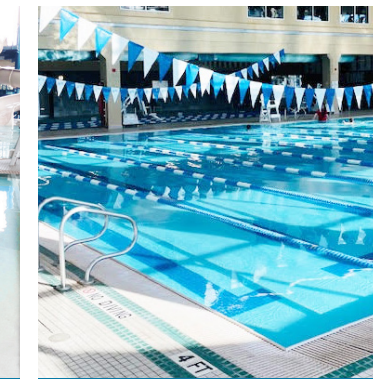
Forest Park



Franklin Springs



Gwinnett



Johns Creek



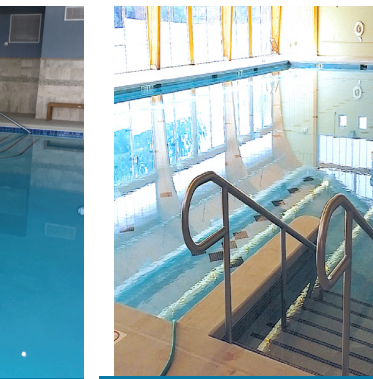
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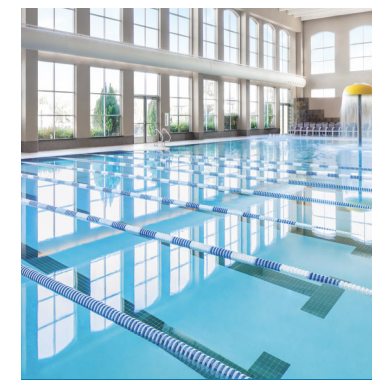
Marietta East



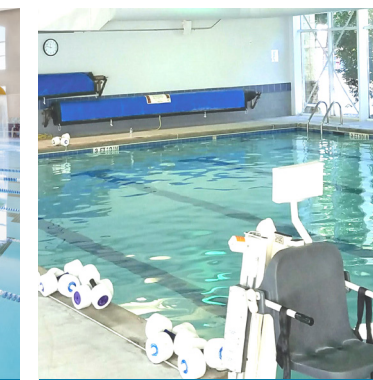
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Roswell



Sandy Springs



Smyrna



South Fulton



Stone Mountain



Winder



Woodstock

