

# THE EMPOWER SYSTEM

## 5 PHASES OF RECOVERY



**PHASE 1**

### ASSESS

Start with a complete assessment to determine the “root cause” of your problem! And get clarity on what it will take to fix the problem.

**RELIEVE PAIN**

Help gain control of your pain, discomfort and distress.

**PHASE 2**

**PHASE 3**

### RESTORE

Restore your mobility, flexibility, strength and coordination, safely and correctly!

**BACK TO LIFE**


Get back to doing all the things you need and LOVE to do!


**PHASE 4**

**PHASE 5**

### MAINTAIN AND PREVENT

Maintain the progress you’ve made, prevent re-injury, and feel confident that your pain won’t come back!

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 To book your PT Appointment Call **(909) 907-0805**