



2 The Square at Lillington  
Lillington, NC 27546  
(910) 893-2850



**\*\*Also offered is a  
FREE Deep Tissue  
Laser Session, a FREE  
Copy of one of Dr.  
Sara Morrison's  
Books, and a free t-  
shirt!\*\***

**See additional flyers for more  
info**



### **Services**

- BALANCE TESTING
- DIABETIC SHOE FITTING
- DRY NEEDLING
- EMG/NCS
- FALL PREVENTION PROGRAM
- IASTM
- MANUAL THERAPY
- PEDIATRIC
- Joint/Spine pain
- Headaches
- SPINAL MANIPULATION
- TOTAL BODY VIBRATION SYSTEM
- COMPRESSION THERAPY
- DIAGNOSTIC ULTRASOUND
- ELECTROTHERAPY
- Vertigo/Dizziness
- GOLF SWING ANALYSIS
- LIGHTFORCE™ LASER THERAPY
- ORTHOTICS
- PELVIC FLOOR THERAPY
- Kinesiology Taping



MON-THURS: 7:30AM – 6:00PM



**DRUG FREE - SURGERY FREE - PAIN RELIEF**  
**LASER THERAPY RELIEVES PAIN AND INFLAMMATION ASSOCIATED WITH:**

- ➔ SPRAINS & STRAINS
- ➔ LOW BACK PAIN
- ➔ SHOULDER & KNEE
- ➔ SPORTS INJURIES
- ➔ NECK PAIN
- ➔ DISC ISSUES
- ➔ SCIATICA
- ➔ TENDONITIS & TENDONOSIS
- ➔ FOOT & ANKLE CONDITIONS
- ➔ AND MUCH MORE!

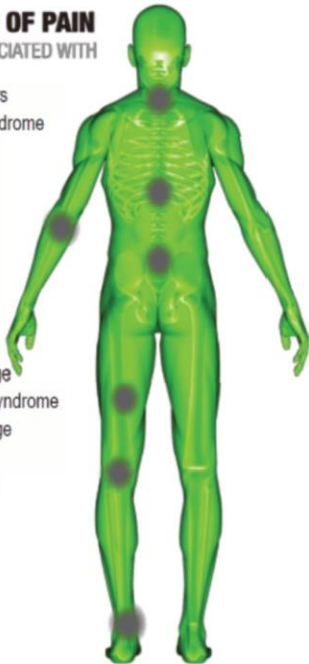
CALL TODAY TO SCHEDULE AN **APPOINTMENT**  
 (910) 893-2850



**Total Body Therapy & Wellness**  
 Lillington, NC

**ENHANCED RELIEF OF PAIN**  
 AND INFLAMMATION ASSOCIATED WITH

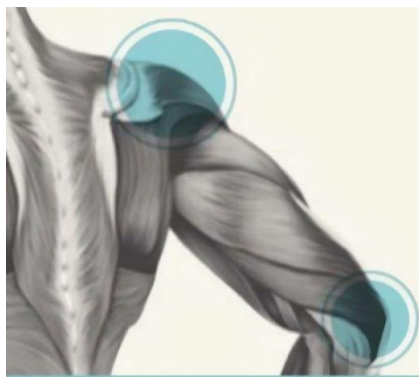
- ➔ Muscle Knots / Tears
- ➔ Carpal Tunnel Syndrome
- ➔ Shin Splints
- ➔ Tendonitis
- ➔ Plantar Fasciitis
- ➔ Disc Injuries
- ➔ Strains & Sprains
- ➔ Lower Back Pain
- ➔ Shoulder Pain
- ➔ Bursitis
- ➔ Soft Tissue Damage
- ➔ Patella Femoral Syndrome
- ➔ Soft Tissue Damage
- ➔ And Many More...



**Total Body Therapy & Wellness**

**One Complimentary  
 Deep Tissue Laser  
 Consultation and  
 Treatment!**

Call to schedule your appointment!  
 Must present complimentary  
 card at scheduled appointment!



# Total Body Therapy & Wellness

2 The Square at Lillington

Lillington, NC 27546

Ph: (910) 893-2850 Fax: (910) 984-1515

- Do you have Shoulder, Knee, Ankle Pain or Instability?**
- Do you have Tendonitis, Bursitis or Arthritis?**
- Do you get numbness, tingling or burning in your arms, legs or feet?**
- Are you tired of your aches & pains interfering with your running, gym routine & physical activities?**
- Do you want to feel better WITHOUT medicine, shots or surgery?**

**TOTAL BODY THERAPY & WELLNESS  
HAS THE SOLUTION FOR YOU!**

*We Offer the Latest Techniques &  
Treatments to Heal Your Body,  
Live Your Life!*

## WHAT IS Dry Needling?

Dry Needling is a form of therapy in which fine needles are inserted into myofascial trigger points, tendons, ligaments, or near nerves in order to stimulate a healing response in painful musculoskeletal conditions. Dry Needling is recommended for anyone with Chronic Pain (pain over 3 months).



## WHAT CONDITIONS WOULD BENEFIT FROM Dry Needling?

Knee Pain  
Shin Splints  
Plantar Fasciitis

Back & Hip Pain  
Neck & Shoulder Pain  
Muscle Spasms & Knots

Arthritis  
Tendonitis  
Ankle Pain

**NEW!**

## Deep Tissue Laser Therapy:

- ◆ FDA approved, advanced therapeutic therapy that accelerates cellular healing and reduces inflammation.
- ◆ Laser therapy that utilizes your body's own natural healing powers by stimulating cellular activity, Nitric Oxide and Ach.
- ◆ Targets your T-Cells (healing cells) and makes them grow and replicate faster.
- ◆ Effective in treating new injuries, chronic conditions and post surgical pain!





## RAPID Recovery Program: *Train Hard, Recover Hard!*

### Personalized Services Include:

Dry Needling  
 Spinal Manipulation  
 Deep Tissue Laser Therapy  
 Trigger Point Therapy  
 Squid Cold Compression  
 Heat Therapy

Total Body Vibration  
 Kinesiology Tape  
 Paraffin Treatment  
 Rock Blade Soft Tissue Work  
 Theragun Soft Tissue Work  
 Electrical Stimulation

**SIGN UP NOW BY CALLING US AT (910) 893-2850**

## Introducing: **DIAGNOSTICS** EMG/NCS

**Q&A!**

**Question:** What is EMG/NCS?

**Answer:** *EMG (Electromyography) / NCS (Nerve Conduction Study) is a test used to measure the electrical activity in a muscle and nerves to help us find diseases that can damage muscle tissue and nerves.*

**Question:** Who would benefit from this test?

**Answer:** *Anyone who needs to find the location of radicular symptoms, is suffering with numbness, tingling, or has unexplained weakness.*

**Question:** Is this test safe, reliable, and affordable?

**Answer:** *YES! EMG/NCS can be billed to most insurances. The test helps clinicians to manage patient care more effectively by providing accurate results.*

## DIAGNOSTIC ULTRASOUND: Diagnosing, Informing & Treating!

- ◆ Musculoskeletal Ultrasound uses sound waves to produce pictures of the inside of the body.
- ◆ Ultrasound is a safe, noninvasive, and painless procedure used to capture real-time images of body structures and movement.
- ◆ Ultrasound can visualize more intricate body structures and are more detailed than an MRI.

### DIAGNOSING:

Tendon Tears & Tendinopathy  
 Muscle Tears & Fluid Collections  
 Bursitis

Ligament Tears  
 Nerve Entrapment  
 Joint & Cortical Changes

### ADDITIONAL SERVICES:

Physical Therapy      Lymphedema Therapy  
 Spinal Manipulation      Compression Therapy  
 Taping & Rock Blade      Vertigo Treatment  
 Orthotic Fitting      Pelvic Floor Therapy

Ask us about our FREE monthly workshops!

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 www.TBTWonline.com