

Dr. Dominika Hertsberg:

When you go into a physical therapists office, sadly it's very similar progressions every single time. You will usually go there three times a week for an hour, which is something similar to what we preach, but over there there's protocols for post-surgical low knee, low back pain, and you have charts where it says this person is going to do this exercise for X number of weeks, and then we'll switch to another, and we'll switch to another, and it's very consistent. The problem is that it works often times, but oftentimes it doesn't because everyone is different.

When you come here we will reassess you every few visits. We are going to look at your functional goals to make sure that the program we create for you is designed for you. We are not going to make you do exercises that will help you with absolutely nothing in your regular every day life.