

- Speaker 1: I injured my back 30 years ago when I was in college. I feel 1000% better.
- Dr. Dominika He...: We are not treating your knee pain, your shoulder pain, your back pain. We are treating you as a person.
- Speaker 1: From a standpoint of having to deal with these injuries for 30 years to having to not deal with them, it's just a miracle.
- Dr. Dominika He...: Here at Balanced Flow, we treat your functional goals. And it's not, "Oh, Dominika, I'd like to sleep without pain through the night." It's "I can go with my dog for a walk." "I want to be able to do certain activities with my friends, and because of that stupid pain, I can't," and I'll help you get rid of that pain so that you can.
- Speaker 3: They had me start to jog around the office for the first time, and I hadn't ran for probably a few years. But inflammation in my toe joint that led to a stress fracture; it was the first time that I hadn't experienced pain in a while with running. It was just a great feeling to leave there that day, knowing that they were so excited for me and gave me the confidence to know that I could go out and try this on my own.
- Dr. Dominika He...: The saddest part of this is that they were led to believe by someone somewhere that the door to what they love doing is closing right now, and we needed to combat that belief and tell them, "No." We treat everyone here. No matter the age, the size, and the condition, we will take care of you. Working with physical therapists, everyone has the same protocol. If you come in with shoulder pain, they just have those five exercises that every person should be doing. And that's it. No one looks deeper. Our job here at Balanced Flow is to ensure that we find that one trigger that made you come here. This becomes your goal, and our goal to fix that.
- Adrean Novak: It's really not just evaluating pain on a clinical level. We are evaluating them as people and seeing what it is they need to feel normal again.
- Dr. Nolan Lee: We look at your body as a whole organism to your exercise routine, to your sleep habits, and then we dive in and try to figure out kind of the mystery of what's going on and help them.
- Speaker 6: I've done physical therapy before. This was like very different. I think that they just listened. It was like, "How's your body feeling? What are the things you need," but also pushing you, which I think is essential.
- Dr. Nolan Lee: Graduation is the day that marks the goals that we determined in the beginning when we first met. You have achieved them, and we're confident that you can continue on. And in the graduating ceremony itself, we announce it to everyone. We give you a little prize pack, and we take a picture and post them on social media showing their success.

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Dr. Dominika He...: We make it a big deal because it is a big deal because all of a sudden, you reach those goals that you were probably thinking about for a really long time. It's just such a happy situation because you don't have to be a professional athlete or a guy or a girl who goes through CrossFit every day. You can be just the person who loves walking, and that's your athleticism. So there's a little athlete in every single one of us. I want you as a patient to think about your abilities and what you can do.