

# MVA Injuries



## MVA-Related Injuries

Decrease recovery time with a collaborative treatment approach.

Injuries sustained from car accidents can cause limited mobility, muscle imbalances, headaches, and over time, decreased strength. These impairments often lead to restricted activity, significantly impacting a person's livelihood for weeks or months. People often seek chiropractic and/or massage therapy immediately following this event for pain relief. These treatments are beneficial, and people experience improvements; adding skilled physical therapy early on to compliment chiropractic and massage care can reduce the overall recovery time, allowing people to return to their normal lives as quickly as possible.

At Therapydia, we value collaboration with other providers and recognize the benefits of multidisciplinary care for our patients. Physical therapy treatment for MVA-related injuries can consist of neuromuscular education, addressing fear-avoidance behaviors, retraining functional movements, individualized strengthening (when tolerated/appropriate), muscle energy techniques, joint mobilization/manipulation, and soft tissue mobilization. Our physical therapists will collaborate with providers to ensure that treatment across all professions optimizes the patient's time and healing. Early intervention is key and initiating neuromuscular reeducation to compliment manual therapy and modalities through chiropractic and massage is a vital piece of the recovery process.

### About Therapydia

Therapydia is a national brand of Physical Therapy clinics emphasizing longer one-on-one treatments. Our physical therapists are experts in their fields and are devoted to the highest levels of patient satisfaction and long-term outcomes. We're creating the PT clinics of the future – designed to inspire and rejuvenate patients, and help them reach their goals.

#### PATIENT SATISFACTION



**4.9** OUT OF 5

Therapydia is committed to the highest levels of customer satisfaction with an average of 4.9 stars (out of 5) and more than 20,000 reviews.

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