

## Our Staff

Lisa DeYoung graduated with a Masters in Physical Therapy from Oakland University in 1992. Areas of specialty consist of orthopedics including spine, TMJ disorders, and chronic pain. Lisa is an active member of the American Physical Therapy Association.

Debbie Snyder graduated with a Bachelor of Science in Physical Therapy from East Carolina University in 1994 and from Forsyth Technical Community College in 2002 with a Certificate in Massage Therapy. Areas of specialty consist of orthopedics including spine, soft tissue mobilization, pelvic/coccyx pain, urinary/fecal incontinence, and sacroiliac dysfunction. Debbie is an active member of the American Physical Therapy Association.

Denise Steele graduated with a Bachelor of Science in Physical Therapy from Hunter College of the City University of New York in 1994. Areas of specialty consist of orthopedics including spine, soft tissue mobilization, pelvic/coccyx pain, urinary/fecal incontinence, and sacroiliac dysfunction. Denise is an active member of the American Physical Therapy Association.

## Scheduling Therapy Appointments

- Contact Yadkin Physical Therapy at 336-677-1800 to schedule a physical therapy appointment
- Bring your insurance cards, a list of current medications, details of your medical and surgical history, and your prescription for therapy from your physician
- Wear comfortable clothes that allow for exposure of injured area



**Yadkin Physical Therapy, L.L.C.**  
**6540 Service Road**  
**Yadkinville, NC 27055**  
**Phone 336-677-1800**  
**Fax 336-677-1802**

# Yadkin Physical Therapy, L.L.C.



***Transforming Lives Through  
Exercise!***



**Phone 336-677-1800**  
**Fax 336-677-1802**

# Yadkin Physical Therapy, L.L.C.

*Rehabilitation Services*

## GENERAL ORTHOPEDICS

Physical Therapy addresses limitations or pain related to the spine, upper body, lower body, head and neck. We also offer treatment for arthritis, post surgical patients, fractures, work injuries, joint replacements, and trauma related to falls or other accidents.

## AQUATICS

Yadkin Physical Therapy has access to state of the art aquatic facilities and private locker rooms. All patients are evaluated by a physical therapist for a customized treatment plan before starting pool therapy. Benefits of aquatic therapy include joint protection, decreased pain, improved posture and/or balance, and earlier return to exercise after surgery or injury. Aquatic therapy is ideal for chronic pain patients.

## CHRONIC PAIN

Chronic pain includes RSDS or Chronic Regional Pain Syndrome, TMJ Disorders, Fibromyalgia or any other pain that has been present for greater than 6 months. Resources available for treatment by physical therapy include manual therapy, pool therapy and exercise programs tailored to your individual abilities.

## TMJ DISORDERS

Physical therapy addresses jaw and head pain through manual therapy for the neck and face as well as strengthening exercises to improve posture. Treatment is most beneficial when combined with dentistry treatments.

## PELVIC PAIN SYNDROME

Pelvic pain is any pain that occurs in the area of the pelvis, internally or externally and is generally caused by decreased strength of the pelvic muscles and/or misalignment of the pelvic bones. Physical therapy helps to retrain the pelvic floor muscles by improving strength and awareness with the use of biofeedback and exercise. Pelvic alignment is also addressed with manual therapy techniques.

## URINARY/FECAL INCONTINENCE

Incontinence is the inability to retain urine and/or feces through the control of the pelvic floor muscles. This is usually directly related to pelvic floor strength. Physical therapy helps decrease or abolish incontinence episodes by improving strength and awareness of the pelvic floor muscles with exercise and biofeedback.

## WHAT TO EXPECT AT YOUR FIRST THERAPY VISIT

Physical Therapy treatment for any area of pain, limitation, or weakness starts with listening. Our staff listens to you by providing a complete evaluation of your medical history, history of injury and assessment of your posture, mobility, strength, and flexibility. Recreational interests such as walking, gardening, golf, etc. will also be assessed.

After the evaluation, a customized home exercise program will be developed to address any problem areas. Other treatment techniques may include stretching, strengthening, muscle re-education with biofeedback, exercise, manual therapy, modalities (ultrasound, electrical stimulation, iontophoresis, etc.) and patient education. Additionally, patients are educated about self-care strategies and lifestyle modifications to help reduce pain and prevent re-injury.

Yadkin Physical Therapy is located inside the Yadkin Family YMCA and enjoys full access to the YMCA fitness equipment and pool facilities.

