

# PHYSICAL THERAPY UP-CLOSE

INVIVO's award-winning physical therapists help hundreds of patients each year reclaim their bodies and discover a more balanced way of living. Read inspiring stories from INVIVO physical therapy patients who did not allow life's pains or injuries to stop them from living life to its fullest.

This month we spoke with **Barb Finch** whose goal was to be able to travel with her husband after having knee replacement surgeries.

## **Why did you seek physical therapy?**

I had knee replacement surgery for both knees. I ended up having three surgeries since the surgery on the first knee needed to be re-done – so I've been through physical therapy multiple times!

## **What brought you specifically to INVIVO?**

I came to INVIVO a few months before the first surgery to strengthen muscles around my knees. My interest sparked while driving by and I wanted to check it out.

## **Tell us about your treatment experience; what were your sessions like with your physical therapist?**

Maurice is different from a lot of physical therapists that just send you home with exercises. He used a variety of techniques including massage and electrical stimulation. It was all of his hands-on work that made things better.



## **What was your end goal and how did your physical therapist help you get there?**

My ultimate goal was to not have any pain. I had just retired and wanted to be as fit as my husband and enjoy our travels together.

**How are you continuing to stay active and well?** I have been a member of INVIVO since the beginning of 2007. I attend 4-5 yoga classes per week at INVIVO. I also do cardio, core work, and use the leg weight machines to strengthen my hamstrings and quadriceps. I feel it is such a positive environment where I have met so many people that value a healthy body, mind, and spirit. In good weather, I like to use the bike trail to get to INVIVO.

When at INVIVO, I feel that Maurice is looking out for me – even though I am no longer a physical therapy patient. For example, when walking on the treadmill one day, he noticed I was veering to the right. I had to hold onto the handrails to keep my balance. He referred me to Dr. Huemmer (INVIVO's chiropractor) for a lower back adjustment. After a few visits I was walking straight again with no need to hold onto the treadmill handrails! I love all the support I receive at INVIVO – it's such a wonderful, small personal place!

*Call 414-265-5606 to schedule a free 20-minute consultation with one of our award-winning physical therapists!*



414.265.5606 • [www.invivowellness.com](http://www.invivowellness.com)  
2060 N. Humboldt Ave. • Milwaukee