

## Wellness Care Program

Rowe Physical Therapy's Wellness Care Program is designed for clients seeking services for one or more of the following:

1. Preventive care
2. Maintenance care
3. Optimal health and wellbeing
4. Individual yoga instruction
5. Care that insurance companies do not consider "medically necessary"



We often find that insurance companies' definitions and guidelines for Providers are not in alignment with

our standards, so we encourage you to not let your insurance company dictate your need for care.

## Insurance & Referrals

We are Medicare and BCBS Indemnity Providers, as well as Out Of Network Providers for all Commercial Insurance companies. We bill for all PPOs including Harvard Pilgrim Health Care and Tufts Total Health Plan.

Clients who do not have insurance coverage pay out of pocket for our services as they recognize the uniqueness and value of our specialty.

Referrals come from Physical and Occupational Therapists, MD's, and other Health Care Practitioners from around New England as well as from former and current clients who realize the exceptional benefits of our Approach.

## Cynthia S. Rowe, PT



Cynthia Rowe is the President of Rowe Physical Therapy, Inc. She is a 1977 P.T. graduate of Northeastern University and has been in private practice since 1986. She has developed her well respected

reputation based on her specialized manual skills, caring nature, and positive results. She is considered an expert clinical specialist and teacher with an exemplary reputation.

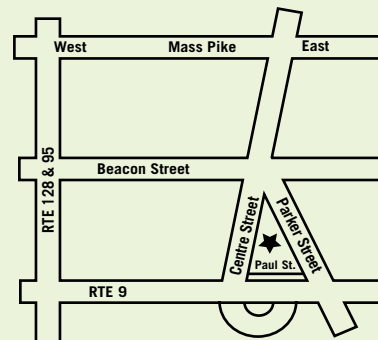
Cynthia selects her Associates based on their training, experience, expert skills and clinical specialty that match her own. She and her Associates strive for no less than excellence in the quality care they provide for their clients.

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# ROWE

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# PHYSICAL THERAPY

Integrative Manual Therapy Specialists

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## Rowe Physical Therapy and Associates

Rowe Physical Therapy and Associates is a team of caring and competent Physical and Occupational Therapists who have many years of experience and expertise utilizing Integrative Manual Therapy as a holistic approach to care.



- We take pride in our uniqueness as a practice that considers body, mind and spirit as we recognize the need for our clients to be addressed as a whole.
- We perform a comprehensive evaluation to develop a holistic treatment plan in partnership with our client's goals and expectations.
- One on one treatment, in a private room, is provided as a Total Body Approach with great care and expert skill to meet each individual's unique needs.
- Our manual treatments are not only directed towards treating symptoms, but we identify and then correct the underlying causes to facilitate the healing process.
- We treat our clients with compassion and patience as we assist in and facilitate their healing and recovery towards optimal health.
- We provide true quality care delivered with our hands and our hearts while always keeping our client's best interest first and foremost.

## Manual Therapy Techniques

- Myofascial Release
- Craniosacral Therapy
- Visceral Manipulation
- Lymph Drainage Therapy
- Neurostructural Therapy
- Somato Emotional Release
- Soft Tissue Mobilization
- Joint Mobilization
- Muscle Energy Techniques
- Strain/Counterstrain
- Therapeutic Exercise

## Education and Home Exercise Programs

- Education for stress management, self care, proper postural alignment, and body mechanics is a very important aspect of our treatments.
- Clients are instructed in individualized Home Exercise Programs including stretching, strengthening, and cardiovascular conditioning.
- Education and Exercise are a necessary complement to our manual treatment approach in order to help us reach the goals of pain relief, improved function, and wellness.



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## Treatment Provided for

- Musculoskeletal Dysfunctions
- Orthopedic Injuries
- Craniomandibular Dysfunction
- Headaches
- Low Back Dysfunction
- Neck Dysfunction
- Acute and Chronic Pain
- Neurological Disorders
- Women's Health Related Problems
- Stress Related Disorders
- Optimal Health & Wellbeing
- Preventive Care



We provide services for: ADULTS & PEDIATRICS

**"Cindy and her Associates have expert manual skill coupled with the intuition and compassion necessary to facilitate the body's own healing process"**  
—Amy Edalji, M.D., Cardiology, Internal Medicine