

We offer the following Physical Therapy services:

Biomechanical Assessment

Biomechanical assessment results help inform your comprehensive treatment plan.

Geriatric Rehab

Live more independently with IR geriatric rehabilitation services.

Manual Therapy

The art and science of one-on-one, hands-on interaction between therapist and patient.

McKenzie Method

An established assessment and treatment method for a variety of musculoskeletal problems.

Pre and Post-Surgical Rehab

IRG's Pre and Post-surgical Rehabilitation proactively increases strength and range of motion after surgery.

Spine Rehabilitation

Our therapists work proactively on your spinal health needs with targeted rehabilitation.

Sports Injury Rehabilitation

Condition your body to achieve optimal levels of performance.

Trigger Point Release

Our therapists help identify your pain and release painful trigger points with proven techniques.

Injury Prevention

Preventative and prehabilitative care.