

Services Available

Rehabilitation Programs

Treatment for acute and chronic conditions with a focus on pain relief, movement reeducation and a return to normal function and activity from:

Sports and Recreational Injuries
Orthopedic & Joint Replacement Surgery Recovery
Low Back, Neck and Spinal pain -- acute to chronic
Headaches and TMJ dysfunction
Arthritis, Osteoporosis & Multiple Sclerosis management
Post stroke recovery
Computer or Postural overuse problems

Lymphedema and Swelling Management

Complete decongestive therapy program including Manual Lymph Drainage, compression therapy, education and exercise.

Falls Prevention, Balance Problems, and Vestibular Issues

Sports and Recreation Performance Enhancement

Assisting all levels of athletes to improve function through biomechanical analysis and scientifically applied training, neuromuscular learning and recovery principles.

Work Injury Management

Treatment of the injured worker, work conditioning, office ergonomic consultations and functional capacity evaluations.

TPI Golf Program

Instructors certified by Titleist Performance Institute will evaluate the biomechanics of your swing to improve your golf performance.

Additional Services offered in-house through Balanced Movement Studio:

Personal Training to further achieve lifestyle and health goals

Movement Classes including yoga, meditation, Feldenkrais®, pilates, qi gong, hooping and more

Massage Therapy & Bodywork

Sport Psychology

For more information, please visit
www.balanced-movement.com



Contact Us

To schedule an appointment or for general questions:

Main Office 919.942.0240

Main Fax 919.942.0280

E-mail info@balancedpt.com

Web site www.balancedpt.com

Find us on Facebook!

www.facebook.com/pages/Balanced-Physical-Therapy

Insurance

We file with all insurance providers, in-network or out-of-network. Please contact our office to let us help determine your coverage.

Two Convenient Locations

Carrboro

304 W. Weaver St., Suite 103
Shared with Balanced Movement Studio

Southpoint Durham

105 W. NC Highway 54, Suite 271
Inside Fitness World



Invest in your health.

Weaver St • Carrboro | Southpoint • Durham

www.balancedpt.com

For appointments call 919.942.0240

The BPT Approach

How we are different...

Balanced Physical Therapy is a locally owned, community-based company. We strive to be a resource to promote healthy lifestyles. We feel that our clinicians have a professional obligation to address three objectives:

1. **Identify the underlying dysfunction** that created the problem.
2. Educate the patient on how to **manage the symptoms** of the dysfunction.
3. **Provide a plan** to help move out of the dysfunctional pattern.

Balanced Physical Therapy is committed to our patients, community and staff to provide the environment and resources to meet these objectives. We believe everyone can achieve a balanced life.

Sincerely,

Brian Beatty and Rob Schneider
Owners of Balanced Physical Therapy



Brian Beatty, PT, CFP



Rob Schneider, MS, PT, ATC

We can help you find your balance...

We believe everyone has the capacity to heal themselves — we simply provide the opportunity and tools for you to achieve your goals.



Why Balanced Physical Therapy?

- Highly qualified and experienced therapists
- One-on-one focused therapy sessions
- Full hour of therapy at each visit
- Fewer overall visits needed due to timely focus on education and home programs.

Community Involvement



At BPT, participation in our community is of utmost importance to us. We can be found giving educational talks at local schools, teaching injury prevention clinics to local running groups, presenting wellness topics to the community, handing out water as a sponsor of local races, and actively supporting like minded businesses and health resources.

Testimonials

"My chronic low back and hip problems have puzzled many physical therapists and limited my ability to move for several years. Then I found BPT, and the progress I have made working with them has been phenomenal. Their knowledge, patience, and skill have helped me learn to move again, improving both my mobility and strength, and have helped me to lead a more active life. I highly recommend Balanced Physical Therapy." -Bill

"In my opinion, Balanced Physical Therapy is one of the best physical therapy facilities in North Carolina. From the moment you first call for an appointment, you are treated with respect and you are confident that your physical problem can be assessed by their highly professional staff and addressed accordingly." -Pat

"1 month and 2 sessions later my knee had improved so much that I was able to get back to walking, using cardio equipment, and driving a manual car with a massive reduction in pain. Thank you for taking the time to properly evaluate my issues and for giving me thoughtful and quality ways to overcome them." -Grey

Invest in Your Health! 919-942-0240