

THE PERFORMANCE JOINT SOLUTION

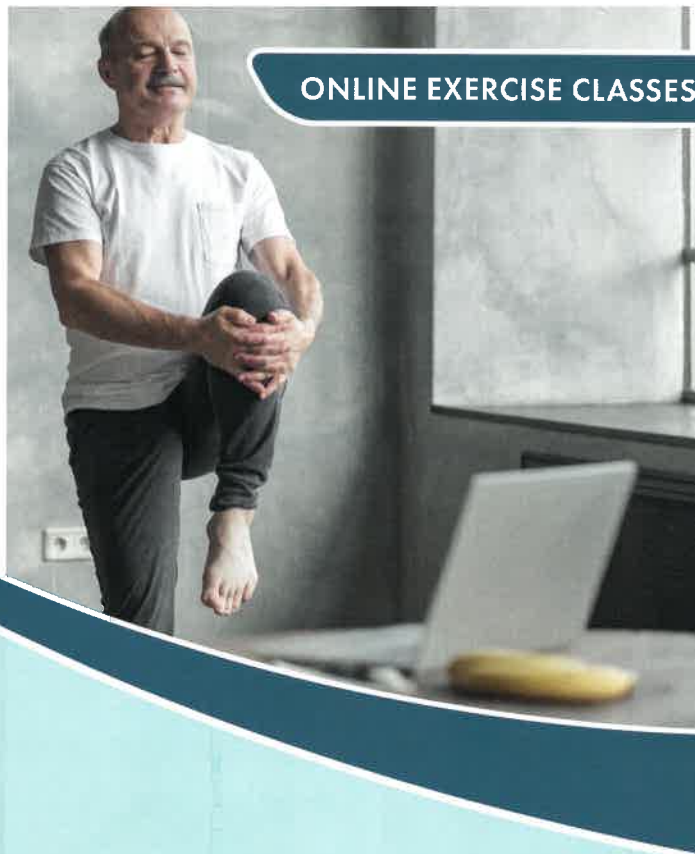
GOALS OF THE PROGRAM

- ✓ Reduce pain, increase mobility, increase function
- ✓ Reduce the risk of needing a joint replacement
- ✓ Ensure communication of your own healthcare team
- ✓ Promote long term habit changes to help keep you healthy, moving, and active



Scan the QR code with your smartphone or tablet to download the app.

ONLINE EXERCISE CLASSES



Performance
Physical Therapy

#BETTER**FASTER**SAFER



Performance
Physical Therapy

ASK YOUR
HEALTH CARE
PROVIDER IF THE JOINT
SOLUTION IS RIGHT
FOR YOU!

MULTIPLE LOCATIONS IN RI &
SOUTHEASTERN MASSACHUSETTS
401-726-7100

CONTACT@PERFORMANCEPTRI.COM
WWW.PERFORMANCEPTRI.COM

#BETTER**FASTER**SAFER

THE PERFORMANCE PHYSICAL THERAPY
JOINT SOLUTION

PATIENT GUIDE
FOR HIP & KNEE
OSTEOARTHRITIS

WHAT IS THE PERFORMANCE JOINT SOLUTION?

The Performance Joint Solution program provides you with the resources you need to manage your arthritis pain. Through a combination of in-clinic and virtual services we can get back to doing the things you love to do.

An estimated 54.4 Million (22.7%) US Adults per year are diagnosed with some form of arthritis

THE JOINT SOLUTION INCLUDES

IN-CLINIC CARE

- Visits with a licensed physical therapist
- Personalized exercise programs
- Hands-on therapy and functional dry needling
- The use of specialty equipment
 - Aquatic Therapy in our HydroWorx Pool
 - Alter G Anti-Gravity Treadmill

AQUATIC THERAPY



VIRTUAL ACCESS TO CARE

From the comfort of one's home or office:

- Live Zoom group exercise classes
- Recorded exercise programs you can follow along with
- Computer, Smartphone, or Tablet App with individualized exercise program, monitored and updated by the physical therapist
 - Progress tracking
 - Secure messaging directly to your therapist

HANDS-ON THERAPY



"Osteoarthritis is a chronic disease that requires a long-term approach to care. We must support people as they develop habits to minimize pain and optimize their ability to function and enjoy life."

Michelle Collie PT, DPT, MS, OCS
CEO Performance Physical Therapy

CUSTOM APP

