

THE ROAD TO RECOVERY

Understanding the Process

The Driving Forces Behind Pain



The joints are not aligned.



Repetitive motion affecting how muscles, soft tissues, and nerves move.



Overworking or improper movements during exercise.



How long will my recovery take?

On average, most issues take 4 - 8 weeks translates to approximately 12 - 14 visits to resolve pain and stabilize injury.



What's the Big Deal?

A moving joint is a healthy joint

Manipulation and manual therapy restores motion to joints, soft tissues, and nerves, reducing inflammation and pain.

How We Help You



How We Do It

"The latest evidence based research shows that the best outcomes come from integrating manipulation with soft tissue treatment and corrective exercise.

That's our integrated approach."

Dr. Matt Fontaine

We use a combination of:

- Manipulation
- Manual Therapy (ART and GRASTON)
- Dry Needling
- Deep Tissue Laser Therapy
- Exercises

We will guide you on recovery practices and proper nutrition to optimize your physiology.

These all complement each other, and if any are missing, treatment success will not be optimal.

Learn more at PotomacPhysicalMedicine.com

Our online community includes blogs, podcasts, infographics and video content. Our mission is simple...provide up to date, best practices information and dispel all the misinformation.

Transforming how the world moves one patient at a time.