



*The body can
heal itself!*

And when we ask it, your body actually tells us what is wrong and where. We use many therapeutic dialogue techniques including kinesiology to uncover the roots of 'dis-ease.' Our hands-on physical therapy heightens your awareness of the strain patterns that are altering our bodies.

*"Ron's approach to Physical Therapy consists of mind, body and soul. He is also knowledgeable how all three components intertwine to a person's recovery...I was prescribed two months of PT twice a week, and after my first session with Ron, I realized I had met a truly special person...Ron really cares about the person he is treating and their overall outcome...Without any hesitation, I choose Ron for my physical therapy...I'm out of knees, but if I need any future PT, there is no question that I'll be seeing Ron."
...Joe Apicelli*



**Unlock Your
Body's Potential!**

**Out of RIGHT feelings
arises RIGHT actions.**

Our therapeutic approach is interactive, comfortable, and non-threatening. We can help jump start a natural process of the body to find homeostasis.

In addition to the traditional physical therapy treatments, we offer these services as a part of our therapeutic intervention:

- Cranial Fluid Dynamics
- Visceral Mobilization
- Acupressure
- Myofascial Release
- Strain/Counter-Strain Technique

We accept most insurances. Ask our staff for assistance.

Physical Therapy of Mystic

481 Gold Star Highway, Suite 201
Groton, CT 06340

Phone: 860-326-5769
Fax: 860-326-5687

www.PTofMystic.com



*Are you looking for more than just pain relief?
How about improved function and quality of life?*

Physical Therapy of Mystic utilizes a powerful dialogue process to allow the sequential healing process to unfold naturally, and in a safe and honoring fashion.

What sets us apart? Our service goes beyond traditional physical therapy. We offer a holistic view of your body-mind-spirit, with treatment to reprogram your body back to wellness.

We provide therapeutic intervention to help you:

- benefit from pain relief
- improve function and quality of life
- receive education and insights about your condition, with specific exercises and knowledge of when to use them
- access your resources within, in order to achieve health and wellness

therapeutic



Do you want to find a way to live a healthier, more productive life away from pain and immobility?

Call us today at **860-326-5769** to arrange an evaluation.

Your Therapeutic Professional Ron Agostini, P.T.



"It has been my pleasure to help people in the SE CT area at Physical Therapy of Mystic for over 15 years. This business offers the state of the art, manual (hands-on) therapy in a personal, friendly and inviting setting. At Physical Therapy of Mystic, we utilize different ways to communicate therapeutically with a patient in order to reveal the underlying dynamics that are at the root of the symptoms of the 'dis-ease'."

Ron received his BS Degree in Physical Therapy from Quinnipiac University in 1987, and has over 25 years of clinical experience. Ron is an educator for Cranial Fluid Dynamics and Being Human workshops.

Care

flexibility - mobility - recovery

We take great pride in providing exceptional care through our programs for such conditions as:

- ~ Neck and Back Pain
- ~ Headaches, Including Migraines
- ~ Sports related Injuries
- ~ Joint Injury or Arthritis Complications
- ~ Traumatic Injury, (i.e. motor vehicle accident)
- ~ Post Surgical Rehab
- ~ Fibromyalgia, Chronic Fatigue Syndrome
- ~ TMJ Dysfunction
- ~ Chronic Pain

We believe in helping to promote the best environment for the healing process to occur and education on prevention of further injury.