



# OPTIMAL REHAB PHYSICAL THERAPY

7405 N. Cedar Ave #103  
Fresno, CA. 93720

Ph. 559-261-4100  
Fax 559-261-4101

## INTRODUCTION

Optimal Rehab Physical Therapy offers two outpatient clinic locations in Fresno and Kingsburg. Each facility is bilingual in Spanish and accepts most PPO health insurances, Medicare, workers' compensation, and cash pay patients.

We specialize in treating a variety of diagnoses including orthopedic impairments, neuromuscular dysfunction, chronic pain, diabetes, gait and balance dysfunction, and post-operative rehabilitation. Our treatment approach encompasses providing hands-on, one-on-one care to each of our patients in order to achieve functional goals. Our team at Optimal Rehab works together to foster a friendly and welcoming environment in order to meet the rehabilitative needs of our patients.

## INDEPENDENT ON-SITE GYM PROGRAM

As a health care provider, we understand the importance of wellness in the lives of our patients. Thus, we created a program at Optimal Rehab allowing our patients to continue strengthening and conditioning to meet their long term goals of sustained health and wellness. At Optimal Rehab, we offer an independent on-site gym program to each of our patients. Our trained physical therapists create an individualized exercise program tailored to meet the needs of each patient in a safe and clean environment decreasing the risk of re-injury.



### **GYM MEMBERSHIP PROGRAM:**

- ✓ **\$30.00 / month membership**
- ✓ **No initiation fees**
- ✓ **No yearly contracts**
- ✓ **First visit consultation with a Physical Therapist to create personal gym program**
- ✓ **Gym hours open M-F 8am-5pm (closed 12-1pm)**