

Holistic Approach

At The Manual Touch Physical Therapy, we believe all body systems and mental/emotional health are connected. We take a whole body approach to discover why patients are not healing and what were the initial causes of their current symptoms.

We use a Whole Body Approach to create unique traditional and non-traditional manual therapy and exercise plans for patients to reclaim function, life, movement, and enjoyment of the activities they love.

Our mission is to use this whole body approach to help patients heal and overcome pain and limitations, resulting in improved quality of life. We also aim to promote wellness in our communities through ongoing education.

"Denise is a great physical therapist. She helped to heal a back injury that had been bothering me for years. The exercises were simple and effective. It was also great to have an app and videos for reference. I definitely recommend Manual Touch."

~Joann K., Chicago - June 2019

The Manual Touch Physical Therapy, we partner with patients on their rehab journey using a combination of various non-traditional and traditional manual therapies, exercise, and education to get them back to doing the things they love.

As sensitive practitioners, we listen closely to our patients to help them return to healthy functioning at the right pace.

If you've tried everything, but can't find relief, we can help you as we move forward together on your healing journey!

What we Treat:

- Sciatica & Back Pain
- Neck Pain
- Running Injuries
- Shoulder Pain
- Knee and Hip Pain
- Foot & Ankle Pain
- Balance & Vestibular Disorders
- Running Injuries
- Chronic Pain

Specialities:

- Traditional & Non-Traditional Physical Therapy
- Integrative Manual Therapy
- Spinal and Vestibular Rehab
- Correct Toes
- Running Services
- Kinesio Taping
- OOV Services

Insurance Coverage:

We bill all insurances and are in network with Blue Cross and Medicare. We are happy to review your insurance benefits with you. Give us a call at **847-541-7600**.