

BUSINESS IN REVIEW

Appropriate Physical Therapy Services

Appropriate Physical Therapy Services, located at 153 East Pike Street in Canonsburg, has been providing personalized one-on-one care since 2005. Owner and Director Todd Kotyk said he founded the clinic on the principle that each patient is different and should therefore receive specialized treatment.

"First, I determine what is actually occurring to cause your pain, dysfunction or whatever problems you're having. Then, I address the issue or issues with the best means possible," Kotyk said. "In other words, I do whatever is appropriate for each individual."

The three-step process used at the clinic consists of the appropriate evaluation, diagnosis and treatment. Kotyk said that often the therapy needed is not as obvious as the typical therapy used for a broken limb or twisted ankle. He takes the time to identify which specific muscles and bones are involved, so that the treatment will be more effective.

"A therapist may get attached to a certain technique and will apply it to everyone across the board. Frequently, the patient can realize a greater benefit from other techniques and approaches," Kotyk said.

Kotyk said that he utilizes an integration of many traditional physical therapy approaches with innovative techniques to achieve the best results. Kotyk specializes in manual therapy, movement and posture



Todd Kotyk, MPP
Owner/ Director

analysis. A one-time certified Yoga instructor, Kotyk also utilizes exercise with Yoga. He teaches breath control, progressive muscle relaxation and stress reduction techniques to help patients begin to understand and utilize the mind-body connection.

While there may be some patient overlap, Kotyk said that each patient ultimately receives his full attention. The clinic is well equipped with a treadmill and various exercise bikes for aerobic exercise, as well as strength-training equipment and special equipment for balance exercises.

There is also equipment to apply modalities such as heat, ice, electrical stimulation, low-level laser light treatments, and other therapeutic agents. Kotyk said that one of his specialties is "manual therapy," defined as or any technique that uses the hands to work with the tissues, muscles, and joints. Kotyk is a member of Associated Bodywork & Massage Professionals.

"Physical

therapy will help alleviate most aches and pains, such as those specifically related to an event such as trauma or a slip-and-fall. Also, physical therapy is typically effective when the problem is chronic and accumulative, such as discomfort or pain caused by a repetitive motion injury," Kotyk said.

Other areas of specialization include orthopedics, sports medicine, movement disorders, muscle imbalances and rehabilitation from neurological events - such as a stroke.

Kotyk also works to make sure the patient understands the treatment they receive and how and why it will help to improve their condition. He said that a key component of his approach is to ensure that patients have the knowledge needed to stay well when they leave his care. "I work to empower patients with education, motivation, exercise and a strong sense of how their body 'works,'" Kotyk stated in his clinic brochure. "I believe this type of care is of much higher quality and is unlike any other that a patient could receive in this region."

Kotyk holds a Master's degree in Physical Therapy from the School of Physical Therapy at Slippery Rock University and is a member of the American Physical Therapy Association and the American Academy of Orthopaedic Manual Physical Therapists.

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