

Weight Equipment



*Please call 724.745.5646 to make an appointment. To utilize our physical therapy services, you will eventually need a valid prescription from your referring physician.*

*To utilize our private-pay Massage and Bodywork services, simply call 724.745.5646 to make an appointment.*

*If you would like to learn more about us and our treatment philosophy and services, please visit our website: [www.appropriatept.com](http://www.appropriatept.com).*



**724.745.5646**  
**[www.appropriatept.com](http://www.appropriatept.com)**

**Specializing in:**

- Orthopedics
- Sports Medicine
- Manual Therapy
- Movement Disorders
- Muscle Imbalances
- Neurological (Stroke) Rehabilitation
- Proper use of Modalities

**Physical therapy & rehabilitation utilizing the latest techniques and equipment:**

- Ultrasound
- Electrical Stimulation
- Hydrotherapy (whirlpool)
- Fluidotherapy
- Moist Heat
- Cryotherapy
- Cutting-edge Technology including Low-level Laser Therapy (LLLT)
- Superluminous Diode (SLD) Therapy

**153 East Pike Street  
Canonsburg, PA 15317**



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**F 724.745.6062**  
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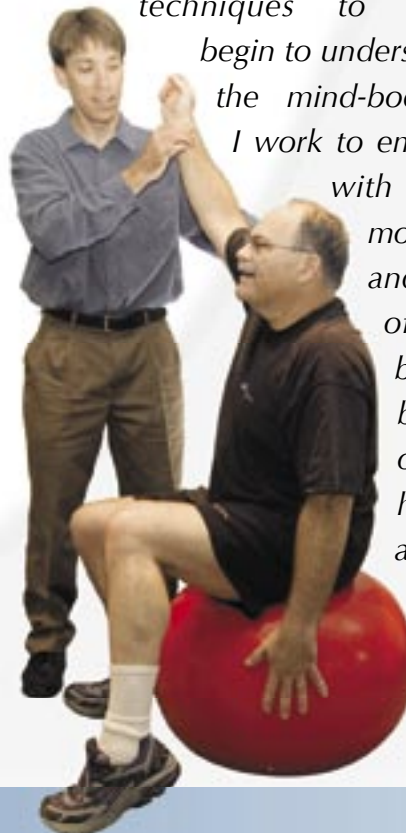
*A personalized and integrated approach to rehabilitation and physical therapy.*

Appropriate  
— **Evaluation**  
— **Diagnosis**  
— **Treatment**



**Todd Kotyk, M.P.T.**

*“At Appropriate Physical Therapy Services, I utilize a strong integration of many traditional physical therapy approaches with innovative techniques in order to achieve the best possible results. I accomplish this through my specialization in manual therapy, movement/postural analysis and exercise with yoga. I also teach breath control, progressive muscle relaxation and stress reduction*



*techniques to help patients begin to understand and utilize the mind-body connection. I work to empower patients with education, motivation, exercise and a strong sense of how their body ‘works.’ I believe this type of care is of much higher quality and is unlike any other that a patient could receive in this region.”*

**Professional Credentials:**

Graduate, Slippery Rock University  
School of Physical Therapy (Master’s Physical Therapy, 1996)  
Member American Physical Therapy Association ([www.apta.org](http://www.apta.org))  
The American Academy of Orthopaedic Manual Physical Therapists

**Additional Qualifications:**

One-time certified Yoga instructor  
Member Associated Bodywork & Massage Professionals  
([www.abmp.com](http://www.abmp.com))

What is “Appropriate Physical Therapy?”

**Our three-step process consists of:**

**Appropriate**

Evaluation

Diagnosis

Treatment



**Our Philosophy**

Appropriate Physical Therapy Services provides quality rehabilitation and physical therapy services through one-on-one attention. We strive to ensure that you reach your health goals and potential, and **leave our care with the knowledge needed to stay well.**