



MARCH 2025
www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter

Choose the best.

Choose the Cantrell Center

Did you know YOU have the choice in where you receive physical therapy? We're dedicated to providing personalized care and getting you back to the activities you love.

Physical therapy can help you regain your strength, mobility, and independence!

At The Cantrell Center, we use a variety of techniques and exercises to treat a wide range of techniques and exercises to treat a wide range of conditions.

The choice is yours. **Choose the best. Choose the Cantrell Center.**



IN THIS ISSUE

CHOOSE THE BEST

SPECIALIZED TREATMENTS

**CANTRELL CENTER
ANNIVERSARIES**

**FEATURED RUN/WALK
EVENTS**

More often than not, doctors send patients to physical therapy to either prevent surgery or to rehabilitate following surgery. Whether you are working toward the former or recovering from the latter, rest assured that our skilled team of rehabilitation specialists is ready to help you on your road to recovery.

At its most basic level, Physical Therapy utilizes a variety of techniques, exercises and machines to help patients develop, maintain, and/or restore maximum range of movement and functionality. Additionally, while Physical therapy is commonly associated with many musculoskeletal and neurological problems, there are many health issues that are also commonly treated, with great success, in this realm.

We treat a wide range of diagnoses and are experts at what we do! We also have several physical therapists who offer specialized treatment.

- LSVT BIG

LSVT BIG treatment uses exaggerated movements and vocalizations in a unique way that improves amplitude and overall movement for those living with Parkinson's disease. The Cantrell Center is home to the only LSVT BIG certified physical therapist in a private practice outpatient rehabilitation center in Middle Georgia.



- Pelvic Health

The American Physical Therapy Association has dedicated an entire section to the pelvic needs of men and women. In fact, the [APTA Academy of Pelvic Health](#) has provided mountains of research and support for physical therapists across the country. Surprised? We're not. Every day, we treat men and women with health issues ranging from pregnancy-related back pain to urinary incontinence.

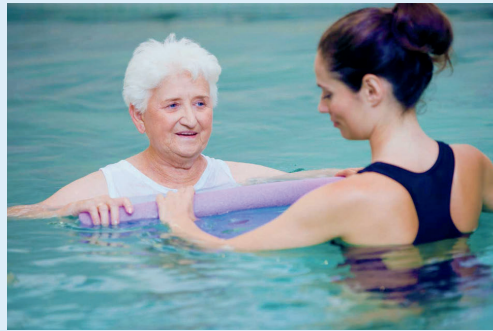
- Vestibular Disorders

The human body maintains balance using a complex set of systems using sight, touch, and the vestibular system (motion, equilibrium, spatial orientation). Physical therapy for vestibular rehabilitation can include standing balance, visual activities, and head maneuvers. The most common vestibular disorder, Benign Paroxysmal Positional Vertigo (BPPV), can be improved with only a few sessions.



• Postural Restoration

At its most basic, postural restoration refers to the fact that the body is not symmetrical, and provides for revolutionary treatment approaches toward addressing this asymmetry. Postural Restoration Institute® (PRI) trained physical therapists recognize and treat these imbalances and typical patterns associated with system disuse or weaknesses that develop because of dominant overuse.



• Aquatic Physical Therapy

Aquatic Physical Therapy involves the use of the buoyancy and/or resistance of water. This aids in treating patients who might not normally benefit from land-based therapies. Buoyancy coupled with the therapeutic effect of the heated pool, allows for a decrease of joint forces and an increase in muscle relaxation resulting in less pain and more mobility.

Schedule your evaluation today!

 **Cantrell Center**
PHYSICAL THERAPY • WELLNESS

Employee *Anniversaries*



Janet Cooley
Vice President of Administration
28th Anniversary



Emily Chambers
Wellness Instructor
2nd Anniversary

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POT
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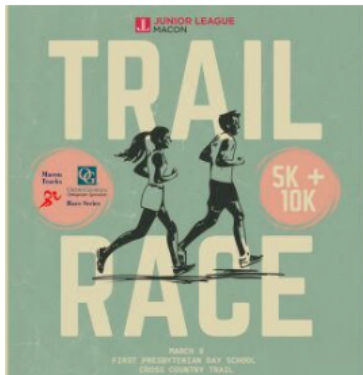
RAINBOW
CHOOSETHEBEST
GOLD
LEPRECHAN
CANTRELLCENTER

KEEP MOVING, MIDDLE GA!

The Cantrell Center is proud to highlight several races throughout the year as a way to encourage you to keep up the momentum. We want you to KEEP moving!!

Junior League of Macon 5K and 10K

Saturday, March 8th @ 8:00 AM in Macon, GA



This is a family-friendly event and the races are designed for runners and walkers of all ages and abilities. Enjoy the beautiful route and overall course as you strive for that personal record! This lovely runnable trail is the cross-country course at First Presbyterian Day School (FPD).

Macon Tracks Running Club members receive \$1 off registration fee. Use code MTRunner.

Cherry Blossom Festival 5K Run/Walk

Saturday, March 29th @ 8:30 AM in Macon, GA



The annual Cherry Blossom Festival Road Race is a 5K road race benefiting the Rotary Club of Macon North and the numerous charities it supports in the Middle Georgia area. It is part of the Macon Tracks Running Club/OrthoGeorgia Race Series. All levels of fitness and ability are welcome.

Macon Tracks member discount code is CB-MTRC-25

Run 2 End Alzheimer's 5K & 10K

Saturday, April 5th @ 8:00 AM in Bonaire, GA



Run this race in person or virtually. Proceeds from this annual run benefit the Georgia Alzheimer's Association. The race is held at Landing Pointe Plaza. The 5K course is USATF certified and leads through picturesque Statham's Landing. Discounted entry for children under 12 and Macon Tracks members. This race is part of the Macon Tracks OrthoGeorgia Race Series.

Macon Tracks member discount code is MTRC2

Get a head start on other upcoming run/walk events by browsing these online calendars: Macon Tracks, Run Georgia, Running in the USA, Active.com.