



PRO PT offers a full range of Physical Therapy Services including:

- Locations in Kingwood & Masontown (coming April 2014)
- Aquatic Therapy
- Private Treatment Rooms
- Large Exercise and Fitness Areas
- Wound Care
- ASTYM Therapy
- ANODYNE Therapy
- Balance Assessment/Fall Risk Prevention
- Dry Needling (coming soon)
- Athletic Screenings/training Services
- Priority scheduling to area Athletes
- All major insurances accepted
- Fitness memberships and gift certificates



SHANDA R. MCNEW, MPT  
&  
TERESA M. REYNOLDS, PT, MBA  
OWNERS - PRO PT

**PRESTON REHABILITATION AND ORTHOPEDIC PHYSICAL THERAPY**

KINGWOOD  
421 Morgantown St.  
Kingwood, WV 25637

MASONTOWN (Coming April 2014)  
336 S Main Street  
Masontown, WV 26542

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LOCATIONS IN  
KINGWOOD  
&  
MASONTOWN (APRIL 2014)

“YOUR KEY TO  
QUALITY  
REHABILITATION.”



KINGWOOD  
(304) 329-3739

MASONTOWN

HOURS:  
T - TH: 7 AM - 7 PM  
M - W - F: 7 AM - 5:30 PM

[WWW.PROPTWV.COM](http://WWW.PROPTWV.COM)

## SPECIALIZING IN PHYSICAL THERAPY AND AQUATIC THERAPY SERVICES

Preston Rehabilitation and Orthopedic Physical Therapy is a unique healthcare provider that is 100% Physical Therapist owned and operated. PRO PT opened in August 2000 by Preston County natives on a philosophy that puts quality patient care and convenience first, offering extended hours and priority scheduling to athletes and the work force. The PRO PT team works to forge strong relationships with referring physicians, health insurance companies, and most importantly, the patient. By creating and maintaining open lines of communication with these groups, PRO PT builds and supports a health care delivery system in which patients receive the highest level of care possible. As a result, PRO PT is able to help patients achieve successful outcomes with long-term benefit.

With over 55 years of experience, PRO PT's staff understands the importance of quality, hands-on therapy. With this philosophy, PRO PT is truly your key to quality rehabilitation.

### MEET OUR PROFESSIONAL STAFF



**Teresa M. Reynolds, Owner, PT, MBA:**

Specializing in sports injuries, total joint arthroplasty rehabilitation, hand injuries, urinary incontinence management, and biomechanical/orthotic intervention.



**Shanda R. McNew, Owner, MPT:**

Specializing in ASTYM therapy, wound care, neuromuscular re-education, balance training, fall prevention, work conditioning, functional capacity evaluation, prosthetic training, and sacroiliac dysfunctions.



**Tiffany Alexander, DPT**

Specializing in manual therapy, sports injuries and orthopedic injuries/surgeries, and ANODYNE therapy. Will be dry needling certified in May 2014.



**Emily Paff, DPT**

Specializing in orthopedic injuries/surgeries, athletic injuries, manual therapy, and pre-surgical rehabilitation.



**Silas Travise, PTA**

Specializing in aquatic therapy, geriatric rehabilitation, balance training, and prosthetic training.



**Jeremy Dixon, MS, ATC**

Specializing in athletic screenings, sports specific training, injury prevention, and taping/bracing.



PRO PT is very proud of its aquatic therapy facility. The state of the art pool is equipped with therapy jets and an adjustable current for walking and swimming resistance.



Aquatic therapy provides numerous benefits to patients as it reinforces the abilities and tasks of land-based therapy to create a cohesive program. Buoyancy in the pool makes aquatic exercise primarily non-weight bearing. The pool ranges from 39" - 48" in depth. Foam dumbbell weights are used to increase muscle strength in patients. Although the dumbbells themselves weigh next to nothing, the resistance they provide in the water is beneficial to patients.

The temperature of the pool is kept at 94 degrees, a temperature that promotes reduced muscle and joint soreness according to the American Arthritis Association. The water is kept in constant circulation, which provides resistance that can help patients work on improving their balance or strength. Increasing flexibility, muscle strength and balance are common goals of therapy patients. Oftentimes aquatic therapy serves as a stepping-stone for patients to move onto other, land-based therapies.

329-3739

[www.proptwv.com](http://www.proptwv.com)