



**Colorado Center for Physical Therapy**  
*Serving South Metro-Denver Since 1990*

2329 West Main Street, #211  
Littleton, CO 80120

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## About Our Physical Therapy Practice

At the Colorado Center for Physical Therapy, we provide traditional physical therapy applications and can combine them with select natural health approaches such as neuromuscular massage therapy, rehabilitative Pilates, yoga therapy, and more. For example, our application of specific deep tissue muscle therapy (neuromuscular therapy) has proven to be the perfect compliment to our physical therapy approach. With it, we can effectively access and treat important muscles and ligaments of the body that other therapists often mistreat or overlook.

We work with a wide variety of doctors and health care experts, believe in a team approach, and allow the highest good of the patient to be our guide. We differ from other physical therapy clinics in many ways, the foremost being our approach, but also that we spend ample time with each patient with the intention of understanding the root of their problem. We then design and set the most effective rehabilitation plan in motion.

We enjoy helping students, serious athletes and dance professionals stay at the top of their game, supporting seniors with high quality fitness and flexibility, teaching prevention, and giving couch potatoes a glimpse of what's possible!

## Our Services:

- ↘ Traditional Physical Therapy
- ↘ Occupational Therapy
- ↘ Neuromuscular Massage Therapy (specific deep tissue treatment)
- ↘ Specialized Physical Therapy for pelvic floor, hip, & low back pain syndromes
- ↘ Therapeutic Massage
- ↘ Spine Strength and Rehabilitation System developed in Germany
- ↘ Rehabilitative Pilates
- ↘ Hanna Somatic Movement Therapy
- ↘ Sports and Dance Rehabilitation
- ↘ Pilates, Yoga and Specialty Classes
- ↘ More!

## We Can Help:

- ↘ Back Pain
- ↘ Headaches
- ↘ Whiplash and Spinal Trauma
- ↘ Joint Pain
- ↘ Carpal Tunnel Syndrome
- ↘ Thoracic Outlet Syndrome
- ↘ Herniated Disc
- ↘ Repetitive Motion Syndrome
- ↘ Fibromyalgia
- ↘ Tendonitis
- ↘ TMJ Pain
- ↘ Sports Injuries
- ↘ Plantar Fasciitis
- ↘ Sciatica

- Postural Distortions
- Dysfunctional Biomechanics
- Neuralgia
- Incontinence
- Visceral Problems
- Pre-Natal Pain Conditions
- And Much More

[More About Colorado Center for Physical Therapy - www.ColoradoCenter4pt.com](http://www.ColoradoCenter4pt.com)

The Colorado Center for Physical Therapy is a family owned business that was established in 1990. Over the course of 18 years we carefully researched and hand-picked the best possible blend of healing approaches. These methods have been skillfully combined to become the **hallmark for our success today.**

[More About Motion on Mainstreet - www.MotionOnMainstreet.com](http://www.MotionOnMainstreet.com)

Motion on Mainstreet is southwest metro-Denver's premier Rehabilitative Pilates Studio which also provides Pilates specialty classes and hatha yoga. We offer private Pilates sessions for serious athletes, recreational athletes, and for anyone who is interested in improving the health and quality of their life.

**For more information about  
Colorado Center for Physical Therapy and Motion on Mainstreet**

Call us today at 303-797-0988

"Supporting your goal of achieving a healthier, stronger body"