

Pain-Free in the Real World

■ **Being pain-free is an important part of living well.**



MIHP Physical Therapy

Because nobody has time to be in pain.

The rehabilitation staff of MIHP is dedicated to providing efficient, cost-effective treatment of orthopedic injuries. Backed by the knowledge of the MIHP Think Tank, our therapists combine their expertise in biomechanics, manual therapy and exercise prescription to ensure the most rapid recovery from your injury.

If you have neck pain, back pain, shoulder pain, knee pain - or anything in between, consult with an MIHP physical therapist and get some answers.

Call to speak to an MIHP Therapist and start down the path to pain-free living.

MIHP accepts the following insurances:

Aetna
Blue Cross Blue Shield
Community Blue
Traditional
PPO
Blue Preferred
Medicare
HAP
United Health Care
PPOM
Auto
Workers Compensation

What do I need to start PT?

A physician's prescription with a diagnosis and frequency of visits.

What if I don't have insurance?

You can still access MIHP's PT services if you have a doctors prescription.

Evaluation - \$120

Treatment session - \$85 per visit

www.mihp.net



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