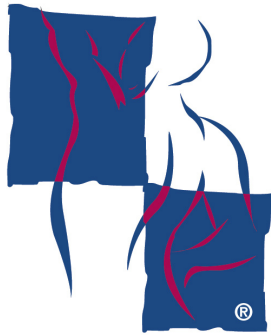


Our Specialty Programs

- ◆ McKenzie Method for back and neck pain
- ◆ Orthopedic Physical Therapy
- ◆ Joint Replacement Rehabilitation
- ◆ Shoulder and Knee Rehabilitation Program



McKenzie Method is a unique and well established method of effectively treating mechanical disorders of the spine & extremities.

Making a mechanical diagnosis is the key component of this method. Along with a detailed interview process the therapist uses specific but simple spinal movements to assess the patient response. There is a methodical progression of spinal exercises along with specific spinal techniques. The emphasis continues to make the patient independent in managing his or her symptoms.

The basic steps in this method are:

- Patient evaluation
- Patient education
- Progressive exercise based program
- Therapists techniques as needed
- Prevention strategies



"25-50% less cost per episode for Physical Therapy treatments at Family Care Plus Physical Therapy & Wellness as per Blue Cross & Blue Shields of Michigan Utilization Review for last 5 years in a row!"

Testimonials

"Best Physical Therapy experience I ever had. The personal one-on-one was so helpful. Pleasant staff and caring Physical Therapist."

Judy W.

"Sachin treats not only his patient's physical problems, but ministers in a professional yet personal manner to the entire patient. If I need to return, I will request him as my therapist."

Lynn M.



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Services

- ▶ Spine care & manual therapy
- ▶ Advanced orthopedic therapy
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- ▶ Wellness Program

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&
Wellness*

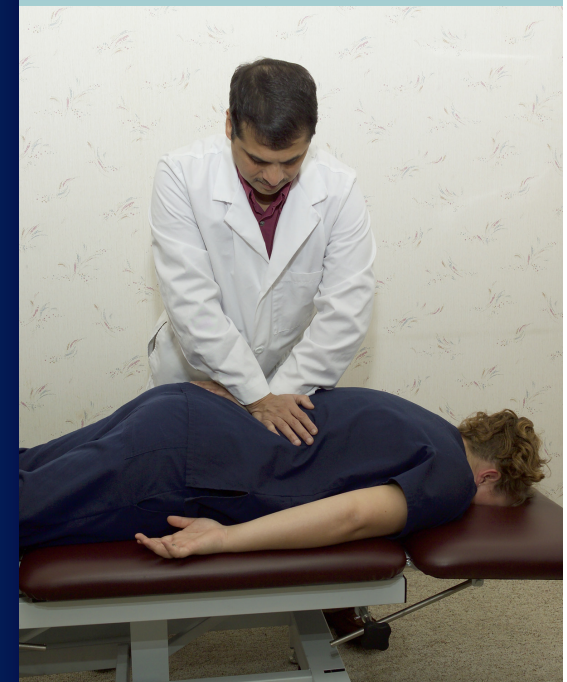


Specialized Orthopedic and Spine Care Physical Therapy

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Helping you heal, restore, and prevent

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Family Care Plus Physical Therapy & Wellness



Your Personal Therapist

Sachin Desai, PT
McKenzie Certified

- ◆ Practicing Physical Therapy since 1988
- ◆ Serving Genesee county since 1992
- ◆ Specialized in orthopedics and advanced spine care
- ◆ McKenzie Certified since 1998
- ◆ Significant patient education
- ◆ One-on-one Physical Therapy on each visit with a licensed Therapist
- ◆ Flexible schedule

Know your P.T.

Sachin received a Bachelor of Physiotherapy Degree from University of Mumbai, India, in 1988. He earned his Masters in Orthopedic Physical Therapy in 1991 from University of Mumbai, India. He has practiced in a variety of clinical settings. He has a strong background in orthopedics and manual physical therapy with a stronger foundation in mechanical diagnosis and treatments of the musculoskeletal system. He has experience in treating patients with spine disorders, joint replacements, amputations, spinal cord injuries, neurological conditions, work-related injuries, hand disorders, orthopedic conditions, and complex trauma situations. He pursued advanced training in spine care and is a Certified McKenzie Method practitioner since 1998.

Our Mission

Our mission is to provide excellent clinical care at a personal level by merging modern science and the art of caring with the focus on comfort, functional restoration, effective outcomes, and prevention strategy in a value based environment.

Our Vision

We will be recognized as a trusted, quality therapy provider in our community with focus on independence from disability by integrating modern science and innovation at a competitive cost in a safe, friendly, and respectful manner.

Our Values

Service, Quality, Wisdom, Excellence, Commitment, Integrity, and Innovation

Our Philosophy

Therapy is done one-on-one on each visit. Our program promotes active and functional restorative approach. At Family Care Plus Physical Therapy & Wellness, we practice Evidenced Based Physical Therapy, which is well documented in professional journals and is well supported by professional organizations. We always involve patients in their care and outcomes. We strongly promote patient independence and well-being for our patients.

Family Care Plus Physical Therapy is owned and operated by an Independent Physical Therapist. No referring physician or business corporate chain has any share in this clinic and there is no contract or monetary arrangement with any referral source. We believe and practice ethical Physical Therapy.

Accepting

- ◆ Aetna/PPOM/Cofinity
- ◆ Auto insurance
- ◆ Blue Cross and Blue Shields of Michigan
- ◆ Genesee Health Plan
- ◆ Great-West Healthcare
- ◆ HAP and HAP HMO / HAP preferred Cigna
- ◆ Health Plan of Michigan
- ◆ Health Plus of Michigan & new PPO
- ◆ Humana
- ◆ Liability
- ◆ McLaren Health Plan
- ◆ Medicare
- ◆ Molina
- ◆ Private and self-pay
- ◆ Tri-Care
- ◆ Total Health
- ◆ Work-compensation
- ◆ United Health Care
- ◆ And many more...



Helping you
 heal,
 restore,
 and prevent

Testimonials:

"I thought I needed surgery, and my shoulder feels so much better now after this treatment that I know surgery was not necessary! Thanks Sachin"

-Thomas, B.

"One-on-one with an extremely personal, professional physical therapist. Sachin D. has the answers for exceptional physical therapy. Thank You!!"

-Richard C.