



SYNERGY

Rehab and Wellness

Changing Lives, One Patient at a Time.

Infrared Sauna • Physical Therapy • Naturopathy



TEAM SNAPSHOT

We'd like you to meet Dr. Meghan Little, MS, PT, DPT, ATC, CMTPT, CHT

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Sport Injury Rehab

Success Stories &
Client Testimonials

Merry Christmas!
from all of us at Synergy

Balance & Dizziness
Workshop Info

Tell me what
Rudolph Loves!

Then EMail the answer to me at
Tiffni@synergyrehabandwellness.com



Meghan Little was born and raised in Montgomery County, Maryland. She attended Gettysburg College in Pennsylvania. From there, she went to George Washington University where she earned her Masters of Science in Physical Therapy. She also earned a Doctorate in Physical Therapy from Marymount University in Arlington, VA. She currently holds a board certification in Physical Therapy, Hand Therapy and Athletic Training.



She moved to the beautiful Blue Ridge Mountains in February of 2016, after working in Arlington, Va for 12 years. She has been married for 9 years and has two children Brayden 6 and Avery 4. She enjoys biking, hiking and kayaking with her family on her days off.

In her spare time, she loves to work out. She is involved in a local weekly boot camp and just started training for the Charlottesville 10 Miler. The Charlottesville 10 Miler is the areas oldest foot race and was established in 1976. Please visit www.cville10miler.com to find out more.

She also helps to support her son and husband who are involved with Cub Scouts. In 2017, she will be leading a quarterly seminar on dry needling to physical therapists around the country. Go Dr. Little!

Learn More about all our therapists at our Facebook Page!





Shenandoah Valley's ONLY Multi-disciplinary practice of it's kind.

It's amazing the amount of people that we talk to in a day that don't realize the areas that we can help treat in our office. So we want to take the time here in our newsletter to tell you more about what our Doctors of Physical Therapy can do for you! If you're having problems in these areas, give our office a call. I(540)416-0530



Back and Spine Injury Rehabilitation

We have experience treating a variety of back and spine conditions ranging from spinal stenosis or sciatica to traumatic injury. All of our clinicians are experts at conducting assessments and addressing a range of back and spine issues. The most common conditions include muscular back pain, sciatica, disc herniations, stenosis, and cervical headaches.

Balance and Fall Prevention Programs & Workshops

We conduct computerized equilibrium tests to evaluate the sensory and motor parts of your balance system. Remember, loss of balance and falls are NOT inevitable as you grow older. Sudden falls in older individuals are of great concern, since the incidence of balance problems is known to increase significantly with age. We can help you improve your balance!



Orthopedic Sports Injury Rehabilitation

We have a long tradition of providing high quality care for patients with orthopedic, arthritic, or athletic injury problems. Our outpatient clinic provides evaluation and treatment of soft tissue injuries to the spine and peripheral joints; post-surgical rehabilitation utilizing state the art techniques and equipment; patient education and home exercise programs. Manual therapy, mechanical treatments and various modalities are also available. Treating issues like concussions, sprains, and post surgery therapy.

Feeling Like
you're going
to FALL?

DIZZY?

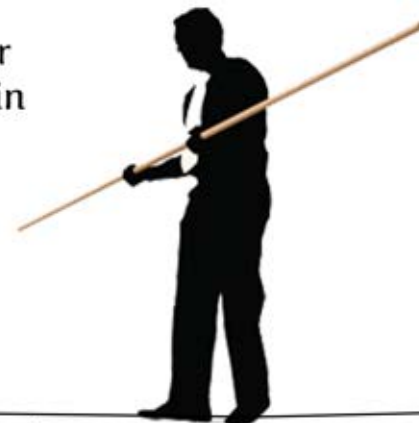
Come to our
FREE Balance & Dizziness Workshop!

December 12
5:30-6:30 PM



Dr. Ryan Bolena, DPT will teach us some of
the causes and how we can treat them!

Register today for your
FREE Booklet and to win
the Door Prize!



Registration Required. Go to www.synergystaunton.com/events today!
Or call the office to Register today! I(540)416-0530

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Tobin

Ryan Adam

Jean & Randy

Jocelyn ~ Niki ~

Jill & Meg ~
We're megan !!

Tori

Kate

Sue Ana & Beth

Ayhan



Synergy wants to wish you and your family a

Merry Christmas

and a

Happy New Year!

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"I have learned exercises at Synergy that have relieved my back, leg, and arm pain! I can finally walk and stand longer without pain. I am very pleased with the help that I have received and would refer Synergy to anyone with pain! Everyone was very helpful and like family!"

-Ernie Nuckols, October Synergy Patient of the Month

"My primary physician diagnosed my thumb with arthritis and referred me to Synergy for physical therapy. I could not use my thumb at my first PT appt! Meghan was able to give me a correct diagnosis of trigger finger right away & began the therapy to correct it. I was given exercises to perform at home. Along with their expert therapy and my homework, my thumb began to improve greatly! I was able to avoid cortisone shots and can now use my thumb again like normal. Jen and Meghan are amazing and I would recommend anyone to them."

-Amanda Clark



"I was very pleased at how well Synergy diagnosed my knee problem. They did a number of things to figure out the exact cause of the problem. Synergy then did a good job of treating the problem from a number of different directions; including exercises, stretching, massage, strengthening, heat / cold, taping, etc. I am very pleased with the team effort put forth at Synergy."

-Ken Cox, Vice President of Fisher Auto Parts



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Specializing In: Lower Back Pain · Neck Pain · Sciatica · Hip Problems · Shoulder Pain · Bursitis · Muscle Pains · Tendonitis · Frozen Shoulder · Joint Pain and Replacements · Foot and Ankle Pain · Plantar Fasciitis · Sprains · Knee Problems · Arthritis · Strains · Hand and Elbow Problems · Sports Injuries · Balance and Dizziness

With open enrollment currently active, many patients' health insurances are changing. Please consider the following! Synergy participates with most major plans, including:

- Aetna
- Anthem Blue Cross Blue Shield (excluding Health Keepers)
- ChampVA
- Coventry/Southern Health
- Humana
- GEHA
- Medicare
- Optima
- Tricare
- United Healthcare

We do not participate with Anthem Healthkeepers, Medicaid, or Cigna.

Remember, under Virginia Direct Access Law you may see a physical therapist without a referral from your physician for up to 30 days. Enabling you to be seen **immediately and giving you time to get a prescription from your doctor. This does not apply to Medicare patients, who require a prescription from their doctor for all medically necessary services.