



mobilizations or stretching for a specific joint impairment. Physical therapists also employ the use of modalities such as electrical stimulation, hot and cold packs, and ultrasound to relieve pain and swelling. They may also use traction and massage to aid with relieving pain associated with the spine. Last but not least, therapists are also integral to teaching proper gait mechanics and the use of adaptive devices such as canes, crutches, and wheelchairs.

As you can see, a good physical therapy practice is beneficial to any community to allow the citizens to live a full and pain-free life. Advance Rehabilitation is very excited to be able to bring these high quality physical therapy services to the Wayne County communities led by director and physical therapist Kristi Harper Thompson. Kristi grew up in neighboring Brantley County and is a native to the South Georgia region. She has been practicing as a physical therapist in Fernandina Beach, Florida since 2004 after receiving her Doctorate of Physical Therapy (DPT) degree from Belmont University in Nashville, Tennessee. Throughout her career, she has specialized in orthopedics, sports injuries, and spine care. She is excited to return to the Southeast Georgia region and is committed to being an integral part of the Wayne County communities, providing the best customer service to her clients. ♡WCM

Since its inception in Northwest and Southeast Georgia in 1996, Advance Rehabilitation has been providing high quality physical therapy services in the region. Advance Rehabilitation, a therapist owned and operated company, specializes in Physical Therapy as well as on-field Athletic Training and Sports Medicine. Advance has continued to grow and extend its coverage into Florida, Alabama, and Virginia. As of April 2007, Advance Rehabilitation owns and operates 16 outpatient orthopedic based clinics and 1 outpatient pediatric based clinic. The practice is known for its highly skilled staff that provides clients with the best rehabilitation services available. It focuses on recruiting and retaining the most qualified professionals who hold advanced post-graduate degrees, board-certified specialist designations, and clinically certified specialist designations.

Many people may not be familiar with the physical therapy profession. The intent of this article is to enlighten the general public on the individual services of this profession. Physical therapists are healthcare professionals that help restore function, improve mobility, relieve pain, and prevent disabilities in patients sustaining injuries or suffering from debilitating diseases. They also strive to promote optimum physical health and fitness. There are numerous individuals with low back or neck pain, arthritis, fractures, tendonitis, sprains and strains, balance impairments, and other neurological disorders which may benefit from physical therapy.

A visit to the physical therapist's office will include a thorough evaluation in which the therapist examines a patient's past medical history and chief complaints, followed by observation and testing strength, range of motion, balance, and posture. The physical therapist then develops a treatment plan which often includes exercise, manual therapy, and modalities to aid with relieving pain and improving biomechanics of the joints.

Physical therapists prescribe exercise based on impairments identified in the evaluation. Therefore, each patient can expect to receive an exercise program tailored to meet their individual needs. During a therapy session, patients generally begin with a short warm-up followed by flexibility exercises to lengthen shortened musculature. As patients progress, they will advance to exercises that focus on strength, balance, coordination, and endurance.

Physical therapists at Advance Rehabilitation are very focused on manual therapy. Manual therapy is a highly skilled hands-on treatment approach in which the therapist provides skilled

*The Jesup Clinic is located at
111 Colonial Way, behind the
Wayne Memorial Hospital.*



** Kristi Thompson, Director/Physical Therapist*