

## Fall is in the Air!



School has started up again, football season has finally arrived, and so has the rain. Now that the busy summer season has ended, you may be noticing your battle scars from the past few months. If you're a little worse for wear

from all the hiking, biking, paddling, camping, and having fun then maybe now would be a good time get back in working order.

Call MDT today to set up your appointment and get ready for all the holidays to come!

### MDT patients get Results:

"I was impressed with the knowledge and explanations given to me, and the friendliness and caring of the staff. Also, the care in showing me exercises and the fact that Nick asked me to repeat back and mirror the exercises when given.

I improved quickly with the exercises and would recommend MDT to any friend in need. Thank you-I feel so much better!"

-Cynthia 09/09/2011

### Don't take *OUR* word for it

"When I found MDT I had been to multiple PT's in the area, hoping (but failing) to find one that I felt 'fit' with what I was looking for in my physical therapy program. As a result, I was fairly far behind in where I should've been following my ACL/meniscus repair. I was extremely worried that it was too late to fully recover the way I'd hoped to in order to get back to high level snowboarding. 6 weeks later and I am more than back on track...and actually already *exceeding* the recovery from my other leg's ACL repair. Amazing! Thank you!"

-Christine 08/15/2011

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### Who do YOU know?

Do you have friends and family complaining of aches and pains?

#### Send them to MDT!

Not only will they get the help they need, but they will also get

- 15% off the cost of their evaluation  
OR
- 5% off their total cost of treatment

Just tell them to let us know you sent them when scheduling!



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## FREE CONSULTATION COUPON

MENTION THIS COUPON AND SCHEDULE A FREE AP-  
POINTMENT TODAY

# (503) 244-6232



*In just 5-10 minutes, MDT can determine if your pain may be mechanical or not. If so, we can help get you out of pain and back to enjoying your life with a full evaluation.*

## *Share Your Results!*

**We want your honest reviews of  
MDT**

Take a moment to rate us on

- [CitySearch.com](http://CitySearch.com)
- [Google.com](http://Google.com)
- [Yelp.com](http://Yelp.com)

Just type in "MDT" to find and review  
our clinics!

Also find us on

**Facebook**

for clinic updates,  
interesting articles, and  
more!



**Call 503-244-6232  
to schedule an  
appointment today!**