



the PREMIER CHOICE

PREMIER REHAB PHYSICAL THERAPY



Imagine you're stranded on an uninhabited island. You have been surviving on berries and snails for days when out of the sky, a small parcel falls at your feet. After several attempts, your adrenaline kicks in and you're able to pry the crate open only to find that it contains canned goods. It could take hours, maybe even days, to find a way to crack into them without an opener. This kind of hopelessness and inconvenience is often a daily feeling for people coming back from an injury or who are suffering from chronic pain. All the little tasks you used to do without a second thought (*like using a can opener*) may now seem like a huge obstacle to overcome. If you are recovering from an injury or living with chronic pain, Premier Rehab Physical Therapy is ready to throw you a life preserver and get you back to what's important to you in a way that you simply will not discover at any other facility. For you, maybe it's returning to the playing field, being able to cook for your family again or walking without assistance. Your goals chart the course and Premier Rehab will be your guide every step of the way.

GOING BEYOND TO GET YOU MOVING

ARTICLE BY JENNIFER SLOAN • PHOTOS BY THADDEUS HARDEN

– continued on next page –



COVER STORY

OPPOSITE PAGE
pictured left to right

Keller / Heritage Trace
Dr. Dulce "Candy" Mercado
PT, DPT, Clinic Director

Keller / Keller Parkway
Dr. Brad Stuckey
PT, DPT, Clinic Director

North Richland Hills
Dr. Ellen Murray
PT, DPT, Clinic Director

The Colony
Dr. Kelly McFarland
PT, DPT, Owner

need her name
and title

Fort Worth
Dr. David Benson
PT, DPT, Clinic Director

need her name
and title

need her name
and title



THE PREMIER DIFFERENCE

Premier Rehab Physical Therapy is owned by practicing Doctoral Physical Therapist Kelly McFarland. There are no other partnerships or owners. This allows the Premier Rehab team to focus solely on you and your physical therapy needs with evidence-based principles and practices at an affordable rate. Premier Rehab Physical Therapy is a freestanding, private practice outpatient facility that you'll find more economical in your insurance plan fees and deductibles compared to that of hospital or physician-based facilities. And because Kelly herself has guided many on their journey to recovery, she knows that attention to small details makes a big difference in their patients' day.

Take for example the drinking water they offer their patients during their sessions. As someone who has recently come back from a major injury to their dominant arm, I can tell you that opening a water bottle and getting it to my lips might as well have been climbing Mount Everest. It was baffling to me that my rehab facility constantly offered me bottles of water. It was like a reminder of what I couldn't do, so I began lugging my own giant tumbler and straw to my therapy sessions. When I toured Premier Rehab Physical Therapy for this article, I was overcome with joy when I was offered water and it was presented to me in a cup with a lid, a straw and a refreshing slice of orange. With amenities like this and top notch customer service plus a small boutique area with fun and inspiring gifts, you might feel more like you're at a day spa than physical therapy!

RESTORING LIFE AND FUNCTION Premier Rehab Physical Therapy specializes in outpatient orthopedic physical therapy diagnoses. One of the many reasons Premier Rehab is able to go above and beyond for their patients is their state-of-the-art equipment and special program options. They're the only physical therapy facility in Tarrant County with a Hydroworx® 500 Rehabilitation Pool. This highly advanced underwater treadmill is an ideal treatment designed specifically for aquatic rehab and training. Plus, Hydroworx is now conveniently available at three of Premier's locations. Many professional sports teams, such as the Dallas Cowboys, Dallas Mavericks, as well as universities, such as TCU and Texas Tech, use this advanced recovery training for their athletes. Some of the benefits of this aquatic therapy are: decreased stress on the joints and spine, aid in the transition to jumping and running, aid in recovery of muscle injuries and early initiation of gait training in a low impact environment.

Another treatment option offered by Premier Rehab Physical Therapy is the Graston Technique™ using specifically designed stainless steel instruments to assist in soft tissue mobilization. This breaks down scar tissue and fascial adhesions resulting in increased blood flow and cellular activity and ultimately faster recovery time! Graston can be used for chronic injuries, acute injuries, post-operative scarring and soft tissue dysfunction. Other innovative treatments address conditions from pregnancy discomfort to lower back pain and even vertigo. They go beyond your specific injury or physical condition to restore your life and function. Your goals and priorities—getting back in the game, returning to work, or simply being able to play with your kiddos without pain—are just as important to the Premier Rehab team.

THE CHOICE IS YOURS What many people may not realize is that when your physician recommends physical therapy, you have the choice of providers. Many physicians will give their patients pamphlets to their preferred physical therapy provider when they write the prescription. Premier Rehab Physical Therapy is often the preferred provider by many local orthopedic surgeons. However, whether you are given a recommended facility or not, you have the power to research facilities that will meet your specific needs and goals. A physician's script will be accepted at any qualified physical therapy facility. Premier Rehab is highly qualified and offers a truly unique experience with a one-on-one personalized feel. Their goal is simple: to provide each patient the highest standard of physical therapy with compassion, individualized attention and an array of special programs and treatment options to incorporate into your care. Premier Rehab provides a superior customer service experience that aims to accommodate your insurance, schedule and personal needs. They accomplish this with customized therapy plans that focus on returning patients to function and restoring their life using state-of-the-art facilities and equipment with wellness education. Coming back from a serious injury can be a painful and extensive process, but you don't have to do it alone. Although no two injuries are exactly the same, the Premier Rehab team has guided many down the path to recovery—Premier's therapists have over 236 years of combined experience! The choice is all yours. Choose the provider that will exceed your standard.

WHAT PEOPLE ARE SAYING

I had a great experience and it helped my body more than I could imagine. This was my first physical therapy experience. My therapist was very caring and experienced and kept me on track and motivated. All of the staff are genuinely nice and just want to help you get better. I was discouraged often by my progress but they kept pushing me and I was always glad I went to my therapy sessions even though sometimes I just wanted to stay home. —H. PILS

The entire team are knowledgeable, professional, kind, patient and caring. I was there for the worsening pain in my lower back and knee and during each appointment, I got better and better. I can say that today I feel better than I have felt in years thanks to the team and the work that they and I did. —B. STARKEY

She is knowledgeable in her field. She explained what was going with my back injury and how important it was to continue my exercises at home. Go slow and build your strength and all will be fine. The team are great people and very helpful. —S. DUEWALL

Premier is awesome. The staff is friendly and helpful always. They work great together as a team. They strive to get you to your max potential. I would recommend them to anyone that needed out patient therapy. —A. HOWARD

I am beyond happy with my experience at Premier Rehab. I fractured my foot running in February of last year. When I came to Premier eight months later, I wasn't sure if I would ever run again. I was still experiencing pain doing regular daily activities—running and jumping seemed impossible. After eight weeks of treatment I was able to start a running program and now run several times a week. Even better, I'm virtually pain-free. The therapists and assistants are extremely professional and knowledgeable, but still make you feel like a friend when you come in. Their commitment to my success was evident in all of our work together. —T. WILLIAMS

Kelly McFarland deserves ten stars! I reluctantly went to Physical Therapy again... my previous visits at a totally different rehab center did nothing for my issue. Two visits with Kelly and I felt like a new person! No more pain. If I ever need physical therapy again, I will only go to Premier Rehab Physical Therapy! Kelly was the best! Office staff was great and therapy areas are wonderful and clean. —K. FORREST

PREMIER REHAB SERVICES

- Post-Operative Physical Therapy
- Aquatic Therapy
- Balance Training
- Hydroworx
- Graston
- Mat and Reformer Pilates
- Dry Needling
- Total Joint Therapy
- Beginner to Advanced Knee Physical Therapy
- Vestibular Rehabilitation
- Pre and Post Natal Programs
- Fitness Assessments

READY TO FEEL GOOD IN YOUR OWN BODY AGAIN?

Let Premier Rehab Physical Therapy guide you down the path to recovery. Call today to schedule your Initial Evaluation at any of their five convenient locations.

ONE PHONE NUMBER (817) 498-8585 FIVE CONVENIENT LOCATIONS

FORT WORTH
2720 Western Center Boulevard, Suite 312

KELLER / HERITAGE TRACE
4120 Heritage Trace Parkway, Suite 220

KELLER / KELLER PARKWAY
816 Keller Parkway, Suite 200

NORTH RICHLAND HILLS
5060 Davis Boulevard

**New location serving
CASTLE HILLS / THE COLONY / CARROLLTON**
1600 FM 544

PREMIERREHAB.ORG

