Mobility-Doc — WEB PAGE COPY

LAST UPDATED: 10 AUG 2022

https://mobility-doc.com/

Key for highlighted sections in the copy below

The **[orange sections]** indicate Call to Action (CTA) buttons.

The **pink sections** indicate Graphics needed.

Sections highlighted in yellow and comments have a suggestion that requires your input or additional info.

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HOMEPAGE

Focused Keyword: Mobility-Doc

Secondary Keyword(s): Physical Therapy, Sports Medicine, Orthopedics, Injury Prevention

Title (55-70 Characters): SUPERIOR 1:1 TREATMENT FOR YOUR UNIQUE SPORTS PHYSICAL THERAPY NEEDS

Meta Description (155-160 Characters): Your preferred physical therapy clinics in Bethlehem and Stroudsburg. Restore function, regain mobility, and boost performance — in person or online treatment.

URL Slug (include focused keyword): www.mobility-doc.com/

SECTION 1: HERO SECTION

SUPERIOR 1:1 TREATMENT FOR YOUR UNIQUE SPORTS PHYSICAL THERAPY NEEDS

Personalized Treatment Plans – Hands-On Care – No Referral Required with Mobility-Doc

[MAKE AN APPOINTMENT]

[STAY IN TOUCH]

| Sports Physical Therapy | Surgical Rehabilitation | Injury Prevention | MD Online |

SECTION 2: PROBLEM

You Know It's More Than Just an "Ache"

You've got something more going on, and it's stopping you from doing the things you love. This pesky pain is more than a nuisance at this point.

The last time you tried going to physical therapy, *no one listened to you or understood your actual problem*. You felt like you were just a number.

You've tried stretching and changing up your workout schedule but you're not quite able to figure this one out.

You're feeling stuck and worried about your future. We've been there, we get you, and we're on a mission to help.

SECTION 3: SIMPLE SOLUTION

Put Your Pain in the Past

Whether you prefer exercising for enjoyment, competing locally, or you're headed for The Olympics—you can overcome this obstacle and achieve your athletic goals. At Mobility-Doc, we tap into your body's natural ability to heal, applying the exact treatments your body needs to the right places, at the right time.

We've helped thousands of people return to their active lifestyles after suffering injuries or simple aches and pains limiting performance. Your body has the ability to function at levels you may not even realize are possible yet. We can help you reach that potential through:

Sports Medicine Physical Therapy
Orthopedics
Injury Prevention
MD Online

Whether you're looking for in-person visits, or you'd rather manage this pain from the comfort of your own home or gym, we've got you covered. Our remote virtual physical therapy programs range from monthly PT-based workout subscriptions called MD Online to 100% customized 1:1 care through our telehealth video platform.

MD Online is the latest advancement in physical therapy care — including an initial doctor assessment to determine your starting point, injury-specific videos, online classes, and weekly programming to fit *your needs*. Take your care into your own hands with online solutions curated by your Mobility-Doc team of experts.

[MAKE AN APPOINTMENT]

[DOWNLOAD YOUR FREE GUIDE TO TREATING LOW BACK PAIN]

A Physical Therapy Partner Truly Dedicated to Your Definition of Success

We have studied athletic injuries for decades, from 5 different Olympians in 5 different sports, to local parents who want to continue their active lifestyles despite busy schedules.

> *"In less than a month, I am nearly pain-free and back to rolling without my brace already. With just 2 visits per week, Mobility-Doc has got me back to doing what I love so much faster than I could have imagined. More importantly, they restored my hope. Wrestling is my entire world and I'd be lost without it. When my ortho doc told me to just deal with the pain, I was crushed. I'm so thankful for John and Chloe."*
>
> - *Laura*

Mobility-Doc is a privately-owned 1:1 sports physical therapy treatment facility with clinics in Bethlehem and Stroudsburg, PA. We partner alongside you, taking a holistic approach, and look at the bigger picture.

If you come into the clinic for your rehab, you'll see the same knowledgeable, compassionate, and devoted doctor each visit for the entire duration of your care. When you elect to manage your pain within our virtual programs, you receive that same individualized care and attention.

Don't worry — we're here to help you decide which route is best for you. Just select whether you'd like that first visit to be in person or through a video chat online!

We're in network with a handful of insurance companies. If you plan to use your insurance benefits, we make it easy to verify what's covered with our Insurance Verification Tool. We also have affordable private-pay options not bound by any insurance limitations.

[VERIFY INSURANCE]

[MAKE AN APPOINTMENT]

Ready to make progress on that pain you're experiencing?

We recognize your body's ability to heal when given the right environment. We blend years of experience, up-to-date evidence, and your personal goals to create a treatment plan aimed at helping you return to the active lifestyle you crave. Mobility-Doc's team focuses on restoring your normal athletic function, regaining lost mobility, and ultimately boosting performance through one-on-one personalized physical therapy care. If you join our online community, MD Online, you can expect the same high-level and specific exercises to boost your performance from the comfort of your own home or gym.

Getting started is simple.

STEP ONE: Schedule your initial appointment
STEP TWO: Select whether you'd like in-person or online care
STEP THREE: If using insurance, verify your benefits using our simple verification tool

At Mobility-Doc, we take the time to actually...

- **Listen to your problem** so we find tailored solutions.
- **Understand your pain** by feeling your joints and muscles.
- **Help you reach your goals** as quickly as possible by creating a customized treatment plan just for you.
- **Constantly reassess** your treatment plan. If your pain or performance is not improving how we would expect, we modify your plan to fit your body's needs.
- **Offer continuing care and reinjury prevention** to help your pain stay away.

Your time is valuable and we truly feel honored when you choose us to help you navigate your injury. We're not shuffling patients in and out. We're pushing back against this culture and **intentionally slowing down**.

[MAKE AN APPOINTMENT]

[DOWNLOAD YOUR FREE GUIDE TO TREATING LOW BACK PAIN]

SECTION 6: WHAT'S INSIDE

What to Expect at Mobility-Doc In-Person Appointments

- **60-minute appointments** with hands-on, customized treatment.
- Personalized 1:1 attention from the **same doctor** every visit.
- **Thorough explanation** of your injury or condition and **active involvement** in optimizing your health.
- **Customized home exercises** and **regular follow-up visits** to assess progress.
- Coordination with additional services or providers in our **trusted network**.
- **An enjoyable time!** *Rehab doesn't have to be so mundane*.

What to Expect with MD Online

- Weekly live classes to address **full-body mobility, stability, and strength**
- **Unlimited lifetime access** to our library of injury-specific exercise videos so you never have to remember what we showed you — *just watch again!*
- Step-by-step detailed explanations to avoid any confusion
- Doctor-guided exercise instruction so you **know you're doing your exercises correctly**
- **Customized programming** options to address specific needs with 30-minute 1:1 consultations
- Upgrade or downgrade your subscription at any time
- **A fun, active community** of like-minded people who also want to perform at the highest level and prevent future injuries!

SECTION 7: DEDICATED CTA

Nothing frustrates us more than when doctors tell you to **"just stop running"** or, "at your age, **this pain is expected**". Don't let a stiff shoulder or aching knee hold you back from **realizing your full potential**.

You can break the cycle of [*injury - rest - return too soon - reinjury]* once and for all. Turn your limitations into freedom and your plateaus into optimal health and wellness. Take back your power and **see just how far you can go**.

{INSERT CONTACT FORM}

ABOUT US

Focused Keyword: About Mobility-Doc, Mobility-Doc

Secondary Keyword(s): Rehab

Title (55-70 Characters): About Mobility-Doc: We're on a Mission to Bulletproof Your Body.

Meta Description (155-160 Characters): Meet our doctors! The brains behind getting you back to training faster and teaching athletes how to prevent injuries worldwide by "bulletproofing" the body.

URL Slug (include focused keyword): www.mobility-doc.com/about

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About Mobility-Doc

We're on a mission to bulletproof your body.

Hello and welcome to Mobility-Doc! We're so happy you're here.

We work with athletes in the Lehigh Valley (and worldwide in our MD Online Community) aiming to treat and prevent athletic injuries. All of our docs have competed at the elite level, from D1 college athletics to national-level competitive sports. We know firsthand how debilitating an injury can be for you as an athlete — no matter what level you're currently at.

When we started Mobility-Doc, we noticed athletes were receiving sub-par rehab after injuries and surgery, healing slowly, and feeling lost on their journeys to recovery. That's why we set out on a mission to improve the overall rehab experience and prevent athletes from becoming injured in the first place, using a more holistic approach.

We've spent decades learning through sport, coaching, and graduate education to cultivate a community of trusted healing here at Mobility-Doc. We're not your average physical therapy clinic — we blend the most up-to-date evidence with our clinical knowledge and your personal goals to get you back to normal as quickly and efficiently as possible.

Here at Mobility-Doc, our rehab methods (after detailed examination) include manual therapy, specific exercise prescription, graston soft tissue manipulation,

myofascial release, electronic muscle stimulation, and compression therapy (among several other options) aimed at speeding recovery and regulating your body's own ability to heal.

It's an honor when athletes trust us to assist them on their road to recovery. Excellence is our standard. Read how some of our clients went from hopeless to thriving on our Client Stories page.

Whether you're looking for our Docs to guide you with appropriate mobility, stability, and strength work to *stay injury-free*, or you're dealing with a current injury now, we look forward to helping you!

[MAKE AN APPOINTMENT]

SERVICES — SPORTS MEDICINE PHYSICAL THERAPY

Focused Keyword: Physical Therapy
Secondary Keyword(s): Sports Medicine, Sports Physical Therapy
Title (55-70 Characters): #1 Sports Medicine Physical Therapy Experts from The Poconos to the Lehigh Valley
Meta Description (155-160 Characters): Your injury is unique just like you. Don't waste your time with outdated sports physical therapy that doesn't work. Come experience the Mobility-Doc difference.
URL Slug (include focused keyword): www.mobility-doc.com/sports-medicine-physical-therapy

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SECTION 1: HERO SECTION

#1 Sports Medicine Physical Therapy Experts from The Poconos to the Lehigh Valley

Premium Sports Physical Therapy Services in Bethlehem and Stroudsburg, PA

[MAKE AN APPOINTMENT]

[STAY IN TOUCH]

| **Sports Physical Therapy** | Surgical Rehabilitation | Injury Prevention | MD Online |

SECTION 2: PROBLEM

Are You Skeptical About Sports Physical Therapy?

The last time you tried physical therapy, it was a waste of your time. You were doing exercises and stretches that felt way too easy and nothing truly got to the root of your problem.

You were given a handout of standard exercises and an ice pack. They offered you some resistance bands, which you thought might be a joke.

Even with your injury, you're still able to outperform the average Joe. Your time is valuable and you're not interested in wasting *any of it*.

You're thinking this sports physical therapy might be different but you're hesitant, and we totally understand.

[MAKE AN APPOINTMENT]

SECTION 3: SIMPLE SOLUTION

Sports Physical Therapy Tailored to YOU

Physical therapy (PT) has a poor reputation for being a place for cookie cutter exercises, ice, heat, TENS machines, and that's about it. If you're lucky, maybe you'll get a ridiculously outdated exercise sheet of paper with basic movements you could do anywhere.

Although there was a time when PT was primarily hands-off, we've come a long way in the field and now have decades of research to support a much improved rehabilitation experience.

Your ankle injury doesn't just need "calf pumps". And there are literally thousands of exercises to choose from. What do you actually need?

- **To be heard**, for your provider to learn exactly how your injury occurred, and understand your specific goals.
- **A doctor who will critically think** through your injury instead of generalizing a treatment plan for you.
- **A thorough explanation** of what's going on so you can properly treat it.
- **A treatment plan specific to you** as a whole athlete, tailored to get you back to doing what *you* want.

- **Exercises to treat your exact injury**, not just a bandage that will have you back in the clinic in a few short months.

At Mobility-Doc, our patients live active lifestyles. They either come to the clinic in-person or join our virtual community, MD Online, and do their exercises at home in their own gym.

Either way, we treat sports medicine a bit differently here. No one gets a standard plan of care. Every single client we see as different and deserves customized care, which is exactly what we provide.

We will shift your perspective around sports medicine physical therapy and show you how impactful and successful you can be with the right doctors on your team.

[MAKE AN APPOINTMENT]

SECTION 4: GUIDE

Sports Physical Therapy Experts On a Mission

Here at Mobility-Doc, we took frustration and used it to fuel our passion for helping injured athletes. We saw firsthand how sports medicine physical therapy was failing active people daily.

We're committed to changing the lazy culture in physical therapy and tackling athletic injuries head-on. We provide up-to-date evidence-based treatments and modalities proven to get you competing again as quickly and efficiently as possible.

Our unconventional approach is what sets us apart and is why active people from The Poconos, The Lehigh Valley, and virtually around the world know to come to us when they need help.

> *I am a two-time Olympian and the American record holder in the hammer throw. In my six years as a professional athlete, I have had the privilege of working with many athletic trainers and chiropractors, and I can honestly say that Dr. John Giacalone is the best I have worked with. John works diligently to create treatment plans that accommodate my needs and address my issues. He is the first trainer I have worked with who has effectively diagnosed and treated injuries remotely through phone calls and video chats. John has also helped create a top-notch warmup routine that helps me feel prepared for training and competitions while also reducing the risk of injury. He is*

always open to feedback, and it is clear that his primary concern is the well-being of his patients. On top of his clinical abilities, he is a great person and it has been an absolute pleasure working with him.

- Rudy Winkler

Not only do we treat local patients in the clinic, but we also took sports physical therapy to the next level. We offer customized treatment plans completely online as part of our MD Online program! We've made recovering from a sports injury easier than ever, and we're so excited to share our proven methods with you! Whether you're looking for a tried-and-true rotator cuff program or a more personalized custom program, MD Online is your hub for virtual rehab (and injury prevention as well)!

[MAKE AN APPOINTMENT]

[LEARN MORE ABOUT MD ONLINE]

SECTION 5: DETAILED SOLUTION / 3-STEP PROCESS

A Sports Physical Therapy Doctor Who Listens

You're not interested in run-of-the-mill physical therapy, *and neither are we*.

Mobility-Doc is your answer if you're looking to truly get to the bottom of your pain. You want to get your body functioning at the highest level, and then maintain that high level of functioning as long as possible.

We hear you, we see you, and we appreciate each and every one of you who trust us to guide you through your rehabilitation journey.

Whether you work with us in-person, virtually, or do-it-yourself with MDRx, we look forward to providing a sports medicine rehab experience like no other! In person or as part of our MD Online community, this is the place for you if you're looking to —

- **Expand your understanding** of how your body works
- **Receive guided exercises weekly** to supplement your current training schedule
- **Ensure you have the proper mobility, stability, and strength** to heal your injury and prevent it from coming back
- Keep your most vulnerable joints stable and **prevent new injuries**

To learn more about how to treat your sports medicine injury virtually, check out our MDRx and Online Community.

[LEARN MORE ABOUT MD ONLINE]

Ready to Work With Us?

STEP ONE: Schedule your initial appointment
STEP TWO: Select whether you'd like in-person or online care
STEP THREE: If using insurance, verify your benefits using our simple verification tool

We've had patients tell us we were the only doctor to actually take the time to listen, and during their evaluation, they felt heard *for the first time ever*.

With your sports medicine injury, time is of the essence. You don't want to wait too long to address an underlying issue. You know that something little can eventually lead to something much worse if you let it go.

When you work with us, we want to know...

- When did your pain start?
- What makes your pain better or worse?
- Does your pain follow a schedule?
- What activities are easy right now and which movements are limited?
- What have you tried so far to help?
- What is your current training routine?
- What are your goals - what do *you* want to do that you currently can't?
- *...and more*

We are zooming out to look at you, the entire person, not just your injured body part. Every part of your body is interconnected. We're dedicated to finding the root cause of your current limitations and helping you learn how to move your body in the best ways to keep you healthy and strong for decades to come.

[MAKE AN APPOINTMENT]

You're More Than Just A Number When You Come to Mobility-Doc

When you decide to address your injury with Mobility-Doc, we are by your side the whole way through the healing process. Your experience here will not be anything like a traditional physical therapy clinic.

In the clinic, our first visit with you can last an hour or more so you can be heard. We want to know why you're seeking sports physical therapy, how your injury occurred, and ultimately what *your goals* are so we can best assist you in reaching them.

You'll leave your initial consultation knowing *exactly* what's going on and why you're having pain or limited performance. We conduct extensive diagnostic testing and record how your body responds to a host of range of motion, strength, and functional movement tests.

Then, we take our time to fully explain your diagnosis and resolve any confusion so you leave the clinic feeling confident about overcoming your injury.

Your in-clinic visits may be anywhere from 2-3 times a week to once or twice a month. We aren't wasting your time — we spend your visits focused on either the hands-on treatments you can't do at home, or making sure you're crystal clear about your specific exercise form and technique.

We store all of your exercises in our YouTube library as well. Once we make sure you're moving correctly, you're sent home with video explanations so you don't forget your home exercise program.

You will usually have about 30 minutes of hands-on time with your doctor, and the remainder of your appointment will be spent on custom exercises, using certain specialized equipment, or utilizing our recovery center.

You can always join our virtual community, MD Online, to continue your progress from home and ensure you successfully heal.

If you're not local, no need to worry. We will do your initial consultation through our video platform and help you determine which MD Online program is the best fit for you. We have rehab programs specific to certain injuries we treat over and over again. We also create custom online programs tailored specifically to your unique situation. Just click "Make an Appointment" below and select "Video Consultation for Sports Med and Orthopedics Patients" when booking your appointment to

experience the life-changing benefits of Mobility-Doc from the comfort of your own home.

[MAKE AN APPOINTMENT]

[LEARN MORE ABOUT MD ONLINE]

SECTION 7: DEDICATED CTA

Prioritize Your Health Today

It's time for you to truly dedicate yourself to healing and thriving. Don't take "no" for an answer — the human body is a marvelous machine built to perform.

If you're feeling stuck, worried, or lost, let us take the burden off your shoulders and take care of you.

[MAKE AN APPOINTMENT]

SERVICES — ORTHOPEDICS

Focused Keyword: Orthopedics
Secondary Keyword(s): Orthopedic rehabilitation, Postoperative Physical Therapy
Title (55-70 Characters): Orthopedic Surgeons Prefer Our Pre- & Post-operative Rehab Experts
Meta Description (155-160 Characters): Even the "simplest" injury or surgery can take a significant toll on your health. Learn more about the rehab clinic preferred by Lehigh Valley surgeons today.
URL Slug (include focused keyword): www.mobility-doc.com/orthopedics

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SECTION 1: HERO SECTION

ORTHOPEDIC SURGEONS PREFER OUR PRE- & POST-OPERATIVE REHAB EXPERTS

Unmatched dedication to the safest and fastest return to sport after an injury or surgery.

[MAKE AN APPOINTMENT]

[STAY IN TOUCH]

| Sports Physical Therapy | **Surgical Rehabilitation** | Injury Prevention | MD Online |

SECTION 2: PROBLEM

Surgery Feels Like the Set-Back of a Lifetime

You're injured, and it's pretty bad. You may even need surgery, or maybe you're wanting PT to *avoid surgery*. You're feeling nervous and worried about getting back to full function as soon as possible. You're wondering how – not if – you'll get back to your normal exercise routine. You know rest is important for healing, but you feel like down-time is just as bad for your mental health.

You want to make sure you're seeing the best doctors for your orthopedic physical therapy needs. You don't want to have surgery unless you absolutely have to, and if you do, your post-op care needs to be exceptional.

We've worked with countless high-functioning and athletic individuals to restore their function, mobility, and strength after significant injuries and surgeries. All of our docs at Mobility-Doc are lifelong athletes and coaches themselves. You're not alone — we're here to help.

SECTION 3: SIMPLE SOLUTION

Surgeons Call Us First for Orthopedic Injuries and Postoperative Physical Therapy

At Mobility-Doc, we work with you as you're preparing to go in for surgery (or trying to avoid it) and then pick up as soon as your surgeon clears you. This is not the place for you if you're looking for a standard pre- or post-operative rehab protocol to read from a piece of paper.

During your initial assessment we will take the time to explain everything that happened when you got injured, and the ins and outs of your surgery (if applicable). We will go over the structures affected, and create a plan together to get you back to training ASAP. We are an extension of your surgical team, and do everything we can to ensure the baton pass is smooth and effortless on your part.

[MAKE AN APPOINTMENT]

SECTION 4: GUIDE

Orthopedic Injuries Don't Have to End Your Active Lifestyle

You've heard of the ones who never quite get back to normal. Of course, after injuries or surgery, your anatomy is changed. You won't go "back" to exactly the way you were. But knowing you want to fight to restore normal range of motion, function, stability, and strength is why we love showing up to work every day. We celebrate your successes like our own.

By prioritizing relationships with regional ortho docs, we have built trust with surgeons that gives us an open line of communication to better support you and the nuance of your surgery and rehabilitation.

"I can't use enough words to describe how amazing Chloe Costigan is and how kind and friendly Drs. John and Chloe are. As soon as you get to their facility they smile at you and make you feel like a friend.

I had a wrist fracture followed by surgery where I had to get screws and plates. I had a very stiff joint, almost no strength and my wrist mobility was very limited.

I was very scared when I started my rehab thinking that I wouldn't be able to use my dominant hand in a proper way anymore.

Chloe is just genuinely amazing. She took such good care of me, she guided me from a painful beginning to regaining strength, range of motion, and confidence. My wrist is pretty much back to normal after such a significant injury with hardly any stiffness or limitations!

We are so blessed to have a place like Mobility-Doc in the Lehigh Valley with such caring and skilled therapists. Because of their expertise, I've recommended Mobility-Doc to my family members who have also had great success over the years."

- Silvia Dayan

Here at Mobility-Doc, we don't just follow protocols and hang up our hats. For example, we know restricted motion of your knee will cause imbalances and other mobility issues from head to toe.

We address your limitations in a systematic way to ensure your entire body (and mind) remains in the best shape possible while you work through the process of orthopedic rehabilitation. When you're here, you're like family.

Go Beyond Rehabilitation with MD Online

We also know an educated patient has a much higher chance of success. When you actually understand *why* you're doing the exercises you're doing, it makes postoperative physical therapy easier and much more enjoyable.

Because of that, we're on a mission to educate as many active people as possible about the importance of maintaining overall strength, stability, and mobility, postoperative or not. Many of our patients 'graduate' to our MD Online program — a virtual community of like-minded individuals who, just like you, know the importance of filling in all the gaps of any training program.

[MAKE AN APPOINTMENT]

[LEARN MORE ABOUT MD ONLINE]

SECTION 5: DETAILED SOLUTION / 3-STEP PROCESS

Orthopedic Rehabilitation With Us is Simple

You are more than your injury. We zoom out and look at you - the entire person - not just the one joint you injured. And we know lifetime athletes like you, no matter how you choose to stay active, need a host of supporting stretches and exercises to supplement your orthopedic rehabilitation.

We know how full and demanding life can be, so we've made it simple for you to complete your orthopedic rehabilitation here at Mobility-Doc.

Get started today.

STEP ONE: Schedule your initial appointment
STEP TWO: Select whether you'd like in-person or online care
STEP THREE: If using insurance, verify your benefits using our simple verification tool

No referral is required for care lasting less than 30 days. Get started today and we will let you know if you'll need a referral to extend our time together.

At Mobility-Doc, we supplement every rehab experience with mobility, stability, and strength work. You don't need the same basic physical therapy exercises day in and day out. Your muscles, bones, ligaments, tendons, fascia and more need to be progressively challenged with a holistic program to ensure true healing.

We're looking forward to meeting you, and appreciate you trusting us with your post-operative physical therapy needs.

[MAKE AN APPOINTMENT]

SECTION 6: WHAT'S INSIDE

What to Expect at Orthopedic Physical Therapy Appointments

- **60-minute appointments** with hands-on, customized treatment.
- Personalized 1:1 attention from the **same doctor every visit**.

- **Thorough explanation** of your surgery and/or imaging plus **active involvement** in regaining your fitness.
- **Customized home exercises** and **regular follow-up visits** to assess progress.
- Coordination with additional services or providers in our **trusted network**.
- **An enjoyable time!** *Rehab here isn't just "average".*

SECTION 7: DEDICATED CTA

We hate to see people quit being active unnecessarily. We're as committed as you are when it comes to getting you back to training. If you're willing to show up and do the work, we're here to guide you every step of the way.

Let us show you just how amazing your body is. Recovery is a science that we've got down to a T. When we combine your motivation and our extensive experience, you really can't fail!

[MAKE AN APPOINTMENT]

[LEARN MORE ABOUT MD ONLINE]

SERVICES — INJURY PREVENTION

Focused Keyword: Injury Prevention

Secondary Keyword(s): Physical Therapy

Title (55-70 Characters): Put Your Body in an Optimal Position to Prevent Injury

Meta Description (155-160 Characters): Don't let an old injury or nagging pain prevent you from training. Join our active community today - we are dedicated to optimal health and injury prevention.

URL Slug (include focused keyword): www.mobility-doc.com/injury-prevention

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SECTION 1: HERO SECTION

PUT YOUR BODY IN AN OPTIMAL POSITION TO PREVENT INJURY

Set yourself up for success with proven injury prevention strategies.

[MAKE AN APPOINTMENT]

[STAY IN TOUCH]

| Sports Physical Therapy | Surgical Rehabilitation | **Injury Prevention** | MD Online |

SECTION 2: PROBLEM

You're Worried About that Old Injury Coming Back

You remember it so vividly — the day you got injured. Where you were, how it happened — it's not one of your fondest memories. You put in the work and recovered, but sometimes you wonder if it'll happen again.

You're reminded from time to time and try not to compensate, but every now and then you feel some soreness in that area. You don't want to stop training, you can't. But you need to make sure you keep the area around your old injury strong and supported.

How do you do that? Just keep doing the same exercises you learned in the beginning? Something new?

We can help.

Mobility-Doc has the best mobility, stability, and strength programming to optimize your training and decrease your chances of getting hurt (again).

SECTION 3: SIMPLE SOLUTION

Physical Therapists Are The Injury Prevention Experts

Who is better suited to make sure the integrity of your bones, muscles, joints, ligaments, tendons, and fascia is the best it can be? Physical therapy is traditionally known for rehabilitation *after* injuries. However, we know the human body and the neuromusculoskeletal system so well, we can easily tell if you're at risk for injuries too, and help you decrease that risk.

We've worked with countless athletes and active individuals to get them back to training at the highest levels and have learned a lot along the way about their different injury types, and how to prevent them.

You may not realize that your ankle mobility affects your risk of hip injury. Or that your core strength is directly correlated with shoulder stability. This is what we do every single day, because we love helping active people like you.

You're dedicated to your physical health, you grind to get better every day, and you're committed to giving your body everything it needs to be the best. We've got exactly what you need to maintain your highest function here at Mobility-Doc.

[MAKE AN APPOINTMENT]

SECTION 4: GUIDE

Physical Therapy for the Wisest Active People

Not your normal PT Clinic

You're not interested in wasting your time doing exercises that don't benefit you, and neither are we. You also want to know exactly why you're doing what you're doing.

We love the education portion of our job here at Mobility-Doc. We take extra time to educate our patients because we value your time and want the best rehab experience for you.

> *As an avid runner and hiker, I have been prone to injury in the past. For the last two years, I have incorporated the MD-Fit workouts into my weekly exercise routine. My strength and flexibility have greatly improved, and I have been injury free. Thank you, Chloe and John, for sharing your knowledge and passion for fitness. You are a gift!*
>
> - *Diana O'Brien*

In addition to helping athletes recover from injuries, we also provide education and training on injury prevention. We're constantly adding new education videos to our online library over at MD Online.

MD Online is our virtual community where we've taken physical therapy to the next level. We've spent years working with a range of active people, even Olympians, curating our mobility and stability programs.

Whether you're a cyclist, a runner, or wrestler, we've got you covered. We see local patients in person, and most of them elect to join our worldwide virtual community, MD Online, for its convenience, depth of information, and extensive exercise library.

[MAKE AN APPOINTMENT]

[LEARN MORE ABOUT MD ONLINE]

SECTION 5: DETAILED SOLUTION / 3-STEP PROCESS

Injury Prevention Made Easy

Our locals are always welcome in-clinic for evaluations. Some prefer the hands-on evaluation to assess their baseline and receive in-person, custom recommendations.

However, for injury prevention, we've made it even easier to access us — from anywhere in the world! Whether you're completely pain free, or that old injury still gets sore from time to time, a personalized initial assessment can help you ensure you're choosing the best online program for you.

Our MD Online programs range from mobility and stability foundational work to injury-specific programs and even fully custom options personalized just for you. All of our programming involves giving your body everything it needs each week to be optimally mobile, stable, and strong.

Although insurance does pay for injury rehab, MD Online is most focused on injury prevention. Instead of waiting around to get injured, we're getting proactive, preventing you from ever needing to take time off to heal. Don't let insurance dictate what you do. Our private pay options allow you to take charge of your own health without relying on an insurance company to "let" you optimize your body.

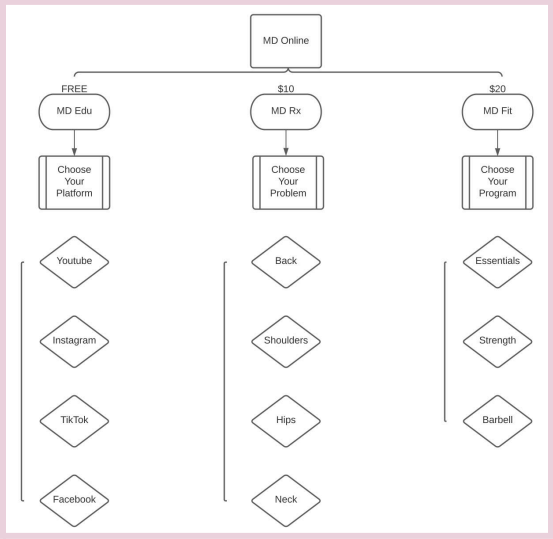
Get started today.

Whether you choose to come see us in person or join us online, you'll have a top-notch experience. If you're unsure which route to take, give us a call or schedule a 30-minute video consultation to discuss your options and we will guide you.

MD Online provides live classes, an extensive exercise library, and 4-week programs tailored to the needs of active people from all walks. Click below to learn more about joining MD Online.

[LEARN MORE ABOUT MD ONLINE]

We're thrilled to have you here, and can't wait to get moving with you! View our pricing structure below.



In Person:

$200 Initial Consultation (for new patients and existing patients with new problems): Duration 45-60 minutes: Complete history gathered; evaluation of mobility, stability and strength for problematic area; diagnosis and education about what we've found and expected timeline for recovery; treatment plan combining any treatment in our office and region specific DIY home program using our custom app; Treatment may begin same-day.

$100 Follow-Up Visit: Duration 45-60 minutes: Discussion involving updates since last appointment; modification of what you're doing at home if necessary; in office treatment including but not limited to all hands on care, use of speciality recovery equipment (normatec, Marc pro plus, etc), and corrective exercise work.

$100 Custom DIY Plan: Receive the same level of care and attention you would inside our office no matter where you live. This option can be added on during any appointment. Your custom DIY plan is a 4-week home program that uses the TrainHeroic app and targets the mobility, stability, and strength of your specific problem areas. The TrainHeroic app allows you to see detailed instructions regarding your home workouts including instructional videos for every exercise and allows your doctor to see how your workouts are going. Communicate directly with your doctor through the app.

Packages (for those who need multiple visits within a 6-week period after the initial consultation): Your doctor will help you decide which option makes the most sense for you. Payment is due in full at the time of the visit with the option to use Afterpay (pay over 6 weeks without any interest or penalties).

> *$360:* 4 follow-up visits to be used at any frequency within a 6 week window. This is the most popular option. *(Save $40 when you bundle your visits!)*
>
> *$680:* 8 follow-up visits to be used at any frequency within a 6 week window. Generally appropriate for those with more complicated issues requiring 2 or more visits per week. *($120 savings!)*
>
> *$960:* 12 follow-up visits to be used at a frequency of 2-3 visits per week within a 6 week window. This option is most popular with those who've had significant injuries or recent surgeries requiring more in-office visits. *($240 savings!)*

Online:

$200 Initial Video Consultation for new custom home plan: Duration: 30 minutes. Initial consultations are for new patients or existing patients with new injuries.

Includes: Complete history gathered; evaluation of mobility, stability and strength for problematic area; diagnosis and education about what we've found and expected timeline for recovery; treatment plan for recovery including a 4-week custom home program using our app, TrainHeroic, and any necessary referrals for coordinating care.

$100 Follow-Up Video Consultation with progression of custom home plan: For existing patients only. Duration: 15 minutes: Discussion involving updates since last appointment including any improvements or sticking points; modification of existing custom home plan or creation of new 4-week program if necessary for existing problem area.

If you are simply looking for a DIY program to help to fix your problems you can always skip the consultation and choose from our existing region-specific programs in MD Rx. These programs are based on thousands of consultations and over 100,000 hours of conversations with actual patients at Mobility-Doc. And MD Fit is always available for use as a maintenance or injury prevention program.

SECTION 6: WHAT'S INSIDE

What to Expect with Physical Therapy Focused on Injury Prevention

- **Extensive initial intake appointment** to determine exactly where you are and which program will benefit you the most (for in-person and custom online programs)
- **Olympic-level supplementary exercises** and movements to target upper body, lower body, and core/spine.
- **Thorough explanations** of the exercises and the science behind *why* you're doing them
- **Weekly progressions** to make sure you're always providing enough challenge to avoid plateau
- **Regular access to your doctors** either at in-person appointments or online in our MD Online community
- **A great time!** Injury prevention isn't boring - *we'll show you!*

That's right. All this is included whether you see us in person or join us over at MD Online!

Don't keep your body at risk any longer. One injury could end the regular physical activity you enjoy so much. Are you doing enough to keep your entire body as strong, stable, and mobile as it can be?

SECTION 7: DEDICATED CTA

We work with active people every day whose injuries could have been prevented. We're on a mission to make everyone we know stronger, more stable, and more mobile (we call it "bulletproofing" your body) to stay as active and healthy as possible, for as long as possible.

Our unique blend of mobility, stability, and strength exercises are the perfect complement to any training program. You're ready to take your training to the next level, and we're ready to help you do it in the safest, most efficient way possible. Let's get started!

[MAKE AN APPOINTMENT]

[LEARN MORE ABOUT MD ONLINE]

SERVICES — MD ONLINE

This page will be a duplicate of the MD Online page after Client Stories.

Focused Keyword: MD Online

Secondary Keyword(s): Online Mobility Training, Physical Therapy

Title (55-70 Characters): MD Online: The Ultimate Virtual Mobility+Stability Training Community

Meta Description (155-160 Characters): We blend stability, mobility, and strength training with detailed education and unlimited virtual support from our doctors to keep your body ready for anything.

URL Slug (include focused keyword): www.mobility-doc.com/md-online

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SECTION 1: HERO SECTION

MD Online: The Ultimate Virtual Mobility+Stability Training Community

The affordable, online comprehensive mobility, stability, and strength programming you need to strengthen your foundation and support your active lifestyle.

[JOIN MD ONLINE]

[STAY IN TOUCH]

SECTION 2: PROBLEM

You Need Mobility Help But Don't Know Exactly Where to Start

You don't have time to waste figuring out if a supplemental mobility and stability program covers all the bases. You want head-to-toe mobility training online, plus reassurance that you're doing all you need to prevent injuries and recover properly.

That nagging knee injury comes up to bug you from time to time. How do you make sure you're not going to injure it again?

And exactly how much mobility and stability work do you need, anyway? Maybe you've added some shoulder exercises to your programming, but are you doing enough? How much is too much?

We've spent years helping active adults, professional athletes, Olympians, and other world-class athletes recover and maintain their bodies to compete at the highest levels. MD Online is exactly what you're looking for if you want to eliminate any doubt in your mind about rounding out your training program with a supplemental mobility and stability program.

[JOIN MD ONLINE]

SECTION 3: SIMPLE SOLUTION

Evidence-Based Physical Therapy Workouts to Complement Your Current Training Regimen

Suffering an injury is one of the most costly set-backs an active person can face. Money aside, not being able to train at 100% is mentally debilitating. We're here for you, the athletic enthusiast who isn't interested in sitting back on your heels just hoping you don't get injured.

You know being proactive is the best way to mitigate injuries, and that's what MD Online is all about. We use evidence-based programming to ensure your body is prepared for anything. We aren't replacing your current program, but rather adding

to it and filling in the gaps we've seen countless patients miss that ultimately resulted in tissue failure.

MD Online does all the planning so you don't have to. Our support ranges from $20 programs aimed at general baseline mobility, stability, and strength to $200 fully customized plans for unique injuries and special cases.

If you're not sure where to start, don't worry. We're here to guide you along the way and make sure you're getting the most out of our MD Online mobility training community.

[JOIN MD ONLINE]

SECTION 4: GUIDE

Proactive Physical Therapy for Your Active Lifestyle

Are you ready for physical therapy of the future? Gone are the days of waiting around to get hurt so we can help you rehabilitate. You're smarter than that. You're ready to tackle injuries head-on — to prevent them from ever occurring in the first place.

From the outside looking in, after treating hundreds of ACL tears, postoperative shoulders, sprained joints, and more — we can quickly determine exactly where you're limited. And we're here to let you in on all the secrets, but only if you're willing to take your training to the next level.

> *My spine was fused almost 8 years ago and movement is a necessity. MD Fit saved me from the pain I was experiencing due to being stuck in the house. Continuing with the program also allowed me to become so much stronger and helped me change my body in such a positive way. This program can be done anywhere and by anyone and is highly recommended!*
>
> *- Kari Bennett*

MD Online will take you from "strong" to "stronger, *more stable,* and *more mobile*" — we help you prepare your body's foundation with all the essentials to prevent and recover from injuries, eliminate imbalances and weak spots, and boost your overall performance.

Quit guessing which exercises are best for your mobility or how many reps you should do. Work smarter and let the professionals (*that's us*) guide you through everything you need to stay mobile, stable, and strong from head to toe.

[JOIN MD ONLINE]

SECTION 5: DETAILED SOLUTION / 3-STEP PROCESS

More Than Online Mobility Training — a Healthy, Active Community Dedicated to Success

Whether you're looking for a quick 20-minute session with minimal equipment, or a longer, 30-40-minute session with dumbbells or a barbell, we've got the program for you.

Our foundational programs consist of live classes (via our TrainHeroic app) offered three days a week and recorded for your convenience (come back and watch any time). Classes consist of three exercises targeting mobility, stability, and strength each session, followed by additional exercise based on your strength and conditioning needs.

Every class also includes ongoing education about why you're doing what you're doing and how the exercises benefit you. You'll learn as you go, and if you're the type looking to soak up as much as possible, all of the MD Online programs include access to our ever-expanding library of educational videos called MD-EDU.

[JOIN MD ONLINE]

During each live class, we discuss the reasoning behind each exercise, how to modify it to make it easier or harder, and we go over the correct form in depth so you know you're doing the exercises correctly. There is always the option to leave questions or comments on each video, and we will respond within 48 hours.

Take a look at our three options if you're interested in online mobility training for maintenance and prevention. All three programs include full body stretching routines for every day of the week.

> **MDFit Essentials:** this is our foundational 20-minute program. It's targeted at priming the upper body, lower body, and core/spine with mobility, stability, and strength exercises, followed by a strength endurance portion. Each class lasts twenty minutes, and is perfect as a warm-up, cool-down, or even a rest

day activity. You'll need access to basic equipment (dumbbells, kettlebells, or anything with some weight) to perform the exercises.

MDFit Strength: this program includes all of the exercises in MDFit Essentials, plus an additional 10-minute HIIT circuit at the end. This class is perfect for those accustomed to DB workouts or anyone looking to target muscle strength specifically.

MDFit Barbell: consists of the same triplet of exercises in MDFit Essentials followed by a strength endurance workout using a barbell. For the athlete who either prefers barbell training over dumbbells or is looking for a program including pulls, presses, and squats.

All three programs run in 4-week cycles — but you can join any time. Classes are offered live throughout the week, and recorded for your convenience. All videos from previous cycles are stored within the Vimeo platform which you can access 24/7!

You have lifetime access to all content *plus* unlimited support from our team of doctors using the comment feature. You won't find a more affordable and comprehensive mobility program with direct access to the experts on a daily basis anywhere else.

[JOIN MD ONLINE]

Let's Get Personal

We've got more tailored and specific programs if you're looking for a bit more than standard maintenance or prevention. Maybe you've got an old injury or sore joint you're not so sure about. You don't think you need to get seen by PT right away, but you don't want to ignore the discomfort either.

We've created region-specific protocols called MDRx — get started right away. Instead of spending the time and money to come into the clinic, give one of our 4-week region-specific programs a try first.

[CHECK OUT OUR REGION-SPECIFIC PROGRAMS:]

MDRx Hip
MDRx Back
MDRx Neck
MDRx Shoulder

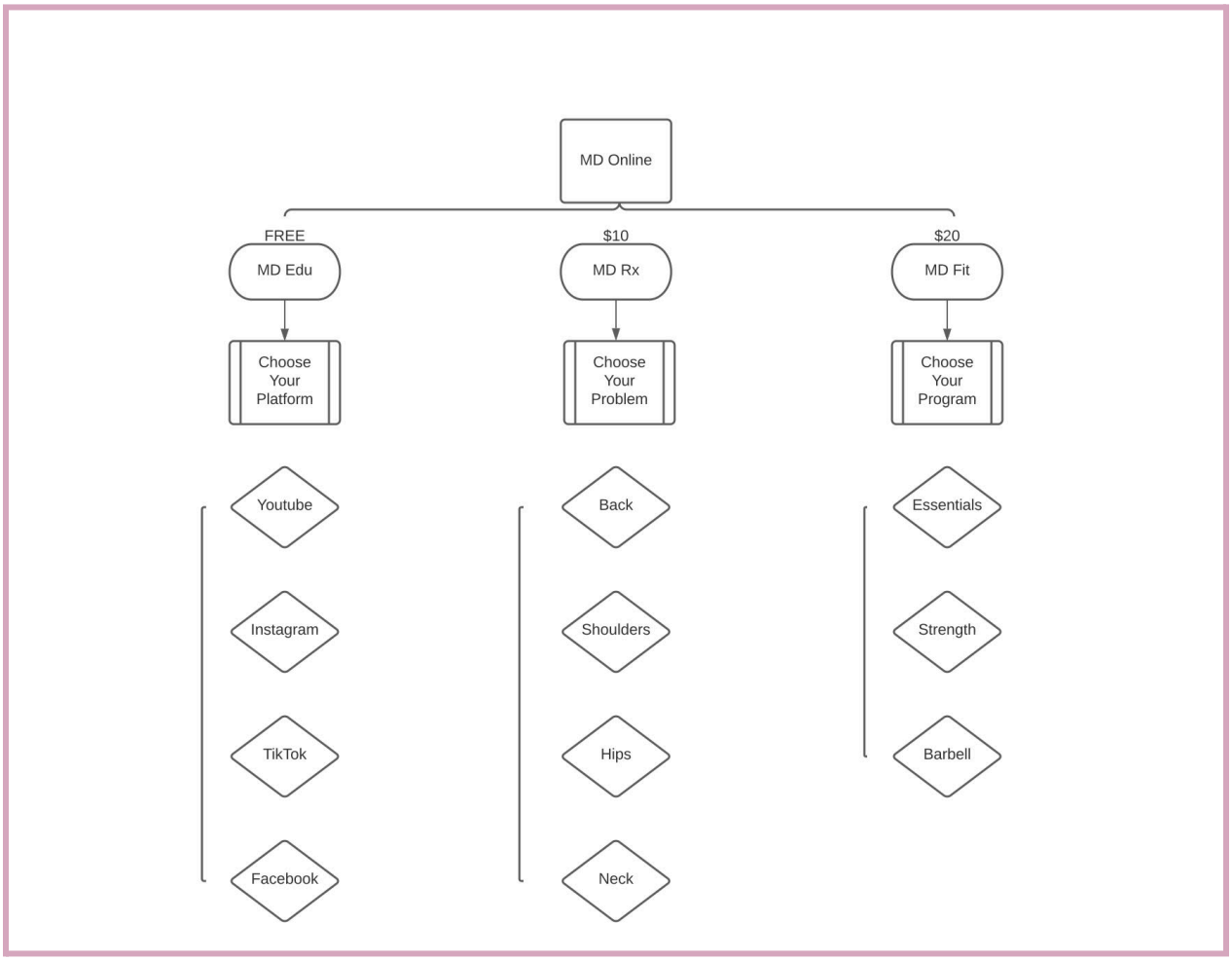
If you're not sure any of these online programs are the right fit, or your pain and injury history is more complex, we offer fully customized programs tailored just to you.

Schedule a video consultation today so we can walk through your injury history and make a recommendation. Most of the time, even one month of personalized virtual PT is all you need to get back on track, and then you can graduate to one of our MDFit Programs for maintenance and continued mobility progress.

[MAKE AN APPOINTMENT]

Ready to Join Us?

STEP ONE: Select from our list of MD Online programs.
STEP TWO: Purchase the program that best fits your needs.
STEP THREE: Get moving! Access is granted immediately.



Our clients are so relieved to finally have guided online mobility training that covers mobility, stability, and strength from head to toe. Rest easy knowing you're doing everything you need in order to mitigate those preventable injuries.

Don't sit back and hope you're doing enough. *Make sure* you're doing enough by joining MD Online. Where people who enjoy their active lifestyles put in the little bit of time and effort it takes to avoid catastrophe down the road. Mobility work doesn't have to take forever and be so boring that you're falling asleep. You owe it to your future self to join our community today.

[JOIN MD ONLINE]

SECTION 6: WHAT'S INSIDE

What You Get When You Join MD Online

Once you've determined one of our mobility programs is right for you, the rest is simple. Your investment in yourself will pay off many times over — MD Online is anything but average. When you join, you'll get:

- **Everything you need** to set up your online account (get started the same day you sign up!)
- **Live classes** lasting 20-40 minutes, 3 times per week
- **Continuous 4-week cycles** — jump in and get started any time
- **Replays of all classes** available always
- Weekly programming to target your **upper body, lower body and core/spine** so nothing gets left out
- **Ongoing education** throughout each live class, *plus* access to MD-EDU, our online education platform
- **Unlimited access to your Mobility-Doc team** via comments on each video. We respond within 48 hours.

MD Online is perfect in combination with your existing training program. It is not meant to replace the training you do, but rather support it, and make sure you're addressing all of your body's mobility, stability, and strength needs each week.

We want to make sure everyone who joins MD Online is getting the most out of their experience. If you decide at any point you'd like to change your membership (like switching from MDFit Essential to MDFit Barbell), let us know and we will get you set up!

[JOIN MD ONLINE]

SECTION 7: DEDICATED CTA

Join MD Online Today

Making a commitment to your whole body health, for less than what most people spend on coffee alone every month — it's a no-brainer.

Just think: you can experience less stiffness, more flexibility, and a stronger core to support your every move by joining MD Online and simply following along, adding a few extra minutes to your workout routine each week.

Give MD Online a try. You'll be surprised at just how much progress you can make in a few short weeks!

[JOIN MD ONLINE]

CLIENT STORIES

Focused Keyword: Physical Therapy Case Studies

Secondary Keyword(s): Physical Therapy Success Stories, Physical Therapy Success Story

Title (55-70 Characters): Physical Therapy Case Studies and Success Stories From Mobility-Doc

Meta Description (155-160 Characters): Read about how Mobility-Doc is changing the lives of active people just like you, with results that make an impact and improve quality of life significantly.

URL Slug (include focused keyword): www.mobility-doc.com/success-stories

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Physical Therapy Case Studies and Success Stories from Mobility-Doc

You've probably heard some horror stories about physical therapy and how someone was worse-off after a poor experience with PT. Here at Mobility-Doc, we take pride in our success and feel it's important to share patient experiences so others can see just how life-changing PT can be.

Our sports-focused physical therapy model is different from the old-fashioned PT you're used to. Read on to hear how Mobility-Doc made a difference. You won't help but feel inspired!

Physical Therapy Case Study — Jo's Success Story

It was a beautiful, crisp Fall morning when Josephine, also known as "Jo", walked into our Mobility-Doc Bethlehem location.

"I needed someone to help me with my hip and back pain. It was getting to the point where I couldn't do my squats, I couldn't do my leg presses, and I had a really hard time even riding my bike due to my hip and back pain."

At the time, Jo was a 74-year-old track cyclist with several national championships under her belt. She had previously been able to leg press over 400 lbs and was still cycling faster than 35 mph! This pain put a real cramp in Jo's active lifestyle.

Starting From Scratch

We started out with a detailed history intake, and asked questions about Jo's injury history, what treatments she had already tried, and listened to what her current limitations and goals were.

"I fell off my bike two years ago and I've never been the same. I fell so hard that I had to have the fluid drained from my hip. The doctor was shocked by how much fluid came out. I was never referred to PT and none of the doctors actually touched my hip. There were a lot of visual assessments, x-rays, appointments, and medications recommended, but no hands-on treatment, until I came to Mobility-Doc."

Jo had developed scar tissue and extreme functional limitations, in part due to her delay in receiving proper care. We discovered that Jo's left hip lacked both internal and external rotation, and she had significant functional strength deficits in her gluteal and hip muscles.

"I knew my left hip was different from my right. I was born with a sharper angle on the left side from my hip to my knee. This never stopped me from competing in track cycling at the national level."

The combination of her anatomic anomaly plus the trauma from her fall likely led to her hip dysfunction resulting in decreased range of motion and power of her left hip. Her scar tissue that had formed after the bike crash on top of her existing sharp hip angle caused her to lose function slowly over the last couple of years.

Someone to Listen for the First Time

She had gotten to the point where she had to adjust the gears on her bike to create constant tension. This made sense for where she was at functionally. The constant feedback from the chain tension allowed her to cycle without generating as much power. She had coped for long enough but was ready for true healing.

"The doctors at Mobility-Doc really took the time to listen to my concerns. They did a very thorough intake exam and found weaknesses I didn't even realize I had. They sent me home with stretches and exercises to correct my imbalances, and also did hands-on therapy the very first day. No one else had ever spent the time to really understand my pain before Mobility-Doc."

Jo left our clinic after her first visit with a comprehensive, personalized home program including mobility, stability, and strength work to correct the issues we had found. Her program included full descriptions of exercises plus video links of every exercise so she could refer back to it.

We also gave Jo the confidence to advance her exercises as she got better, but the safety net of always being here if she did need to return to the clinic. She was able to check in with us weekly via email and we adjusted as needed.

Success is Yours, Jo!

Jo is now back to cycling full time, with no pain. After her first month of PT, she was 90% better, and has continued her maintenance protocol to keep her pain away and resume her active lifestyle.

If you're looking for a solution besides medication, and your doctor's aren't getting to the root of your pain, give us a call and experience the Mobility-Doc difference!

[MAKE AN APPOINTMENT]

Physical Therapy Case Study — Rae's Success Story

One of our recent patients named Rachel, or "Rae" for short, tried for six months to recover from a marathon. Taking so much time off was foreign to Rae as she was a lifelong runner and had completed the Boston Marathon several times.

"After my last marathon I had some pretty significant pain in both hips and my lower back. The pain was bad enough that I had to stop training, and it hurt just to sit down."

Not-Too-Promising Start

She was referred to a hospital-based PT Clinic which was the standard protocol for doctors in that hospital system, regardless of a patient's injury or the experience of the clinic staff. Rae was diagnosed with a bulging disc and hip bursitis. For 6 months she performed exercises and stretches meant to improve her hip mobility and lower back strength.

The exercises she did at home were the same ones she did when she came for her appointments. Rae felt like her in-clinic visits were a waste of time. She wasn't seeing the results she expected, and she was even taking a steroid regularly to decrease inflammation and pain.

“I was only about 60% better after 6 months of exercises that seemed redundant, plus I was worried about being on prednisone for so long. I decided to look elsewhere for solutions.”

The 30,000 Foot View

During Rae’s initial consultation with Mobility-Doc, we wanted to take a step back and look at the bigger picture. We didn't want to treat a bulging disc if we weren't sure that was the root of her pain. Rae had progressed back to running, but not nearly as much as before, and she still couldn't sit without pain. We would have expected her to be much better 6 months after her initial injury.

We took a deep dive. Our initial physical assessment included:

- Hip muscle strength testing
- Special orthopedic tests for the hip
- Hip muscle length assessment
- Low back muscle testing
- Special testing for the lower back to rule nerve issues in or out

“I had full strength and range of motion in my hips and spine, and was very surprised to find out that none of the tests revealed a nerve problem at all. I 100% expected nerve issues due to the bulging disc.”

We didn’t reproduce any nerve symptoms at all. What we did find was that her hamstrings were extremely reactive to any stress placed on them during the evaluation. It became clear very quickly that the source of Rae’s pain was not a bulging disc after all.

A Surprising Diagnosis

Rae’s limited Improvement up to that point was in part due to the fact that her previous Physical Therapy Clinic was treating the wrong tissue. Through our consultation and detailed evaluation, we discovered that her hamstrings were strained during her last marathon, and **this was the root of all her pain.**

“Since my hamstrings had been strained during my last marathon, they weren’t working as well as they should have. The Mobility-Doc team explained how the brain and hamstrings weren’t communicating well. Since my hamstrings were kind of on a strike, my low back had to pick up the slack. It made so much sense when they took the time to explain everything.”

When we dug deeper, and asked more targeted questions, we learned that Rae's last race was on a particularly hilly course and she did recall some discomfort in her hamstrings right after the race.

"I never put two and two together. I remembered being sore, but I never connected that soreness from 6 months ago to my current situation. When the first doctors told me I had a lumbar herniation, I just went with it and didn't question it. After several months I felt like I should have been better than I was which is why I reached out to Mobility-Doc."

Although Rae's symptoms were very similar to those you might expect with a bulging disc, you have to take the entire person, their history, and your full physical exam into account. With the right information from her interview and all the data we gathered from her personalized and specific physical exam, we now had a correct diagnosis and executed our plan.

Putting A New Plan in Action

We immediately shifted the rehab focus and targeted the missed hamstring strains. We didn't even need to treat her low back. Rae's plan included hands-on treatment in our office as well as exercises for Rae to do at home.

In the clinic, we spent our time doing manual techniques like myofascial release, Graston soft tissue release, and we used other technology such as our normatec and H-wave. At home, Rae worked on strengthening and lengthening her hamstrings with the ultimate goal of improving how the hamstrings functioned.

Over time, Rae's hamstrings were able to improve their work capacity and not get tired so quickly. Rae's low back pain and hip pain during sitting resolved completely once we restored the health of her hamstrings. And it only took two months!

"I had to relearn how to use my hamstrings since they were relying on the lower back to do all the work. I was finally able to return to racing and even hit new PR paces after graduating to MD-Fit."

MD-Fit is our PT-based home exercise program that focuses on improving mobility, stability, and strength throughout the entire body. It can be done from anywhere and takes just about 35 minutes, three times a week.

It was an honor to work with Rae, and we love to hear her new run times when she sends us updates.

Would you like to be our next success story?

Whether running is your passion, or you enjoy staying active in some other way, our deepest wish here at Mobility-Doc is that you know you don't have to live in pain. We've dedicated our lives to helping active people stay active. Health is the most important investment you can make! Schedule an appointment with us today to get to the root of your muscle or joint pains and get back to *truly living*.

[MAKE AN APPOINTMENT]

MD ONLINE

Focused Keyword: MD Online

Secondary Keyword(s): Online Physical Therapy Programs

Title (55-70 Characters): MD Online: Online Physical Therapy Programs for Your Mobility Needs

Meta Description (155-160 Characters): We blend stability, mobility, and strength training with detailed education and unlimited virtual support from our doctors to keep your body ready for anything.

URL Slug (include focused keyword): www.mobility-doc.com/md-online-programs

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MD Online: Online Physical Therapy Programs for Your Mobility Needs

Program:	Cost:	Fee:	Link	Description
MDRx Hip	$15	One-Time	https://marketplace.trainheroic.com/workout-plan/program/mobility-doc-program-1638889060?attrib=80032-web	MD Rx is an ever-growing online library of problem-specific rehab plans created by the doctors at Mobility-Doc. MDRx Hip will get you all the way back to 100% by providing you with a proven, easy to follow rehab plan targeting hip muscle strength, length, and overall function.
MDRx Back	$15	One-Time	https://marketplace.trainheroic.com/workout-plan/program/mobility-doc-program-1638306602?attrib=80032-web	If you're looking for a bit more than standard maintenance or prevention for your back pain, MDRx Back is your solution. This 4-week program takes you through spine and core exercises to improve the mobility, stability, and strength of your back. Don't ignore your nagging backache — get started today.

MDRx Neck	$15	One-Time	https://marketplace.trainheroic.com/workout-plan/program/mobility-doc-moveright-s-f-program-1588181731?attrib=80032-web	Got a stiff and/or painful neck? You know something's going on but it isn't "bad enough" to go to a clinic just yet. Dive into MDRx Neck for our full 4-week program designed to improve your neck range of motion while maintaining proper stability and function. Stiff and painful neck joints can lead to headaches, jaw pain, and worse. Get started today and put your neck pain in the past.
MDRx Shoulder	$15	One-Time	https://marketplace.trainheroic.com/workout-plan/program/lehigh-valley-barbell-mobility-doc-program-1581800509?attrib=80032-web	Shoulder pain can be extremely debilitating. You almost never realize how important shoulders are until you can't lift your arm all the way up or do a pull-up because of shoulder pain. We developed these 4 weeks of shoulder exercises with thousands of patients worth of experience to back the programming. Try MDRx Shoulder first. You'll be surprised at your progress in just a month.
MDFit Essentials	$20	Monthly	https://marketplace.trainheroic.com/workout-plan/team/moveright-pt	This is our foundational 20-minute full-body program. It's targeted at priming the upper body, lower body, and core/spine with mobility, stability, and strength exercises, followed by a strength endurance portion. Each class lasts twenty minutes, and is perfect as a warm-up, cool-down, or even a rest day activity. You'll need access to basic equipment (dumbbells, kettlebells, or anything with

				some weight) to perform the exercises. Live classes hosted three times per week plus full library of all recorded classes available always.
MDFit Strength	$20	Monthly	https://marketplace.trainheroic.com/workout-plan/team/moveright-fit-remote	This program includes all of the exercises in MDFit Essentials, plus an additional 10-minute HIIT circuit at the end. This class is perfect for those accustomed to DB workouts or anyone looking to target muscle strength specifically. Live classes hosted three times per week plus full library of all recorded classes available always.
MDFit Barbell	$20	Monthly	https://marketplace.trainheroic.com/workout-plan/team/moveright-strength	Consists of the same triplet of exercises in MDFit Essentials followed by a strength endurance workout using a barbell. For the athlete who either prefers barbell training over dumbbells or is looking for a program including pulls, presses, and squats. Live classes hosted three times per week plus full library of all recorded classes available always.

PRODUCTS

Focused Keyword: Sports Physical Therapy Products

Secondary Keyword(s): Buy hyperice; buy orthotics; buy freeze sleeve; buy rocktape; buy trigger point products; buy sidekick tools

Title (55-70 Characters): Physical Therapy Products: Speed Recovery and Maximize Your Rehab Time

Meta Description (155-160 Characters): See our in-store selection of physical therapy products. Speed recovery and get back to training ASAP · Hyperice · Sidekick · RockTape · TriggerPoint · More

URL Slug (include focused keyword): www.mobility-doc.com/products

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Physical Therapy Products:

Speed recovery and Maximize Your Rehab Time

When you join our Mobility-Doc community, you get the best care at the best value:

- Access to doctors who know your mobility limitations and exactly how to fix them.
- Targeted mobility, stability, and strength training to get to the root of your issues, fast.

And now you can even purchase all the physical therapy products you need and take them home with you to continue your progress!

Mobility-Doc retail is a preferred vendor for any rehab equipment you could possibly need to recover, offering in-store purchase of all our favorite products from leading recovery brands like Hyperice and RockTape.

We offer all products tax-free, and picking up in the store means *no shipping costs for you.*

Did you know you can use your HSA/FSA card to purchase these products? Medical equipment is covered, which includes all the products sold by the companies listed below.

No waiting, delayed shipping, or costly extra fees — come in today to purchase your rehab equipment from Mobility-Doc.

[HYPERICE]
[FREEZE SLEEVE]
[ROCKTAPE]
[TRIGGERPOINT]
[SIDEKICK]

APPOINTMENTS

Focused Keyword: Physical Therapy Appointment

Secondary Keyword(s):

Title (55-70 Characters): Request an Appointment

Meta Description (155-160 Characters): Looking for physical therapy for your athletic injury? Get started with Mobility-Doc. Schedule your physical therapy appointment today in Bethlehem or Stroudsburg.

URL Slug (include focused keyword): www.mobility-doc.com/appointments

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Request an Appointment

Experience the Mobility-Doc Difference for Yourself

Now is the time to prepare your body for *-or-* repair athletic injuries. You may not even have to take time away from your exercise routine. Get better, faster with Mobility-Doc.

To request an appointment, please click below to begin our easy scheduling process. You can verify your insurance benefits though our scheduling system as well.

[MAKE AN APPOINTMENT]

You'll receive a reminder before your visit — we look forward to meeting you!

BLOG

Focused Keyword: Physical Therapy Blog

Secondary Keyword(s):

Title (55-70 Characters): Mobility-Doc Physical Therapy Blog: Not-so-Average PT Thoughts

Meta Description (155-160 Characters): Thoughts from our Mobility-Doc team on athletic injury, quicker rehabilitation, latest mobility product reviews, and tips for a more holistic wellness approach.

URL Slug (include focused keyword): www.mobility-doc.com/blog

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Mobility-Doc Physical Therapy Blog:

Not-So-Average PT Thoughts

Get up-to-date information on maximizing performance and returning to sport faster after injury with Mobility-Doc's Physical Therapy Blog. Here, we'll share decades of athletic, coaching, and professional experience, providing you with the best educational resources to keep you competing at the highest levels.

CONTACT

Focused Keyword: Contact Mobility-Doc

Secondary Keyword(s): Physical Therapy

Title (55-70 Characters): Contact Mobility-Doc for Help With Your Athletic Injury Today

Meta Description (155-160 Characters): For questions or to simply learn more about the Mobility-Doc difference, call us at (610) 726-1569. We are located at 1114 W Broad Street, Bethlehem, PA 18018 and 912 Main Street, Suite 306, Stroudsburg PA 18360.

URL Slug (include focused keyword): www.mobility-doc.com/contact

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Contact Mobility-Doc for Help with Your Athletic Injury Today

At Mobility-Doc, we pride ourselves in providing unmatched superior physical therapy care from The Poconos to The Lehigh Valley. We are your one-stop shop for athletic injury rehabilitation and prevention. Our doctors are lifelong athletes themselves with a combined three decades of coaching, which motivates us every day to help athletes just like you reach your full potential.

We're committed to helping to maintain your active lifestyle. We will get to the root of your pain instead of just putting a bandage on it. We know how spectacular the human body is when fueled correctly, and giving you the tools to do just that is our passion.

> *Mobility-Doc is incredible! Not only are doctors at Mobility-Doc extremely welcoming and friendly, their expertise in their craft is top-notch. They truly care about their patients and helping them feel their best. Their care is unique & individualized, and they are continually enhancing their practice to offer more opportunities for patient improvement. I would 100% recommend Mobility-Doc!*
>
> - *Cassie T.*

Our team is dedicated to helping you achieve all of your mobility and performance goals. Contact us today with any questions or simply to learn more about the Mobility-Doc difference..

1114 W Broad Street
Bethlehem, PA 18018

912 Main Street, Suite 306,
Stroudsburg PA 18360

(610) 726-1569

info@mobility-doc.com

[MAKE AN APPOINTMENT]

[CONTACT FORM]

Important Links

Insurance Verification form - https://airtable.com/shrwCZIWqJS6yhRTI

Telehealth Video Consult Appointment - https://book.nimblr.co/MobilityDocOnline

Stroudsburg Office Appointments - https://ui.nimblr.co/self/3708/Mobility-Doc37083

Facebook - https://www.facebook.com/MobilityDoc

Instagram - https://www.instagram.com/mobility_doc/

TikTok - https://www.tiktok.com/@MobilityDoc

YouTube - https://www.youtube.com/c/mobilitydoc