

### Alicia Canos-Torres PT MOMT



Alicia graduated from Universidad De Valencia, E.U. de Fisioterapia in Spain in 1988 and has practiced PT in both Spain and the US. She moved to the US in 1994 and has been working in outpatient setting since then.

She studied in a 2 year manual therapy residency program at OLA Grimsby Institute (Allendale, Michigan) with MPC PT Director Sakari Perttula, graduating in 1997. Alicia is part of the Adjunct Team at GVSU and teaches Manual Therapy on the Spine class.

Alicia joined the MPC PT in April 2006 and adds tremendous strength to the team. Alicia has fantastic manual therapy skills and has interest in clinical research, she has worked with a group of students from GVSU in a shoulder project and is nowadays working on a Pelvic pain project.

Patients of Michigan Pain Consultants & Synergy Physical Therapy Group can expect skilled and knowledgeable therapists that understand the differences between an acute pain and a chronic pain conditions and how to manage those differences.

Working with the physical therapist (PT) the patient learns the tools needed to reduce their pain. This can be done by; increasing flexibility, regaining lost strength, correcting imbalances in the body and often learning how to relax. Relaxation helps reduce tension throughout the body that is causing discomfort. These tools in addition to hands on treatment with the PT and treatment received with the pain management physician will help patients reduce how often and how intensely they feel pain associated with their chronic pain condition.

Our group uses extensive and continual assessment to best track how the patient is improving in daily function and success of reduced pain since beginning a physical therapy program. Patient feedback is invaluable in this process, in order for the PT to effectively create a program the patient must be engaged in the process and they must work as a team to reach the patients goals.

Our goal at Synergy Physical Therapy is to help relieve the patients' pain and discomfort, to decrease impairment and dysfunction, improve or maintain function, prevent or minimize disability and educate our patients to be effective in self management.

### New Patient Referral & Billing

800-281-3237

#### Some common ailments PT can treat:

- Neuromusculoskeletal pain and dysfunction
- Neck, back pain and dysfunction
- Pelvic pain and dysfunction
- Upper extremity pain and dysfunction
- Lower extremity pain and dysfunction
- Jaw pain & headache

#### Treatment Methods:

- Manual Therapy
- Therapeutic Exercises
- Home Exercise Programs integrated with TENS
- Optimum muscle control training*
- Functional Capacity Evaluation
- Feldenkrais Method
- Ergonomic Training
- Relaxation Training
- Conditioning
- Traction

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4100 Lake Dr Suite 305\*  
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616-285-1377  
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\* indicates Synergy PT

