

Rita Kais MSPT



Rita graduated from Grand Valley State University (GVSU) in Allendale, Michigan where she earned her Master of Science in Physical Therapy (2002), Bachelor of Science in Biomedical Sciences (1998), and Minor in Spanish (1998). She first worked with MPC in 2004 and then moved to Germany for a short time.

When she returned to Grand Rapids, Rita teamed up with Alicia Canos-Torres and both joined the MPC PT team full-time. Currently, Rita is also pursuing her post-professional certification in manual therapy at the North American Institute of

Orthopedic and Manual Therapy (NAIOMT) at Andrews University. Rita speaks English, Arabic, and Spanish.

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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* indicates Synergy PT

