

### Tella Minkkinen PT



Tella graduated as a PT in Finland from The College of Health Care in Pori, 1993 and worked there until 1997. Following her work in Finland she and her family moved to Hastings, Michigan where she worked at Pennock Hospital until 2000, she then returned to Finland to earn her Masters Degree in Health Science, which she obtained in 2004.

She worked in Neurotherapy with neurological patients and then Tella began working at MPC in June 2005 and has been receiving great feedback

from the patients and referring physicians.

She is a great asset to the MPC PT team. She will be developing a new pelvic pain program for MPC. Tella is also studying to earn her Master of Manual Therapy degree from the North American Institute of Physical Therapy.

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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