

Stephanie Oakes MPT

New Patient Referral & Billing

800-281-3237



Stephanie Oakes, earned her Bachelor of Science in Health Sciences and Masters of Science in Physical Therapy from Grand Valley State University in Allendale, Michigan. In addition to undergraduate studies in exercise and physical fitness at Oakland Community College in Auburn Hills, Michigan, Stephanie has been practicing as a licensed Physical Therapist as of 2001 and has worked in the field of physical rehabilitation since 1991.

Her experience includes chronic pain, traumatic brain injury, general orthopedics, sport rehabilitation, and pediatrics. She continues to

advance her professional knowledge through continued education courses in biomechanical treatment approaches, neuro-developmental techniques, manual treatment - mobilization with movement, Pilates, postural taping, kinesio taping, sensory integration, pediatric physical therapy, and autism treatment approaches. Currently Stephanie is involved in multiple roles within the physical therapy profession – Synergy Physical Therapy, Kent Intermediate School Systems Hearing Impaired Program, and an adjunct professor at Grand Valley State University's Physical Therapy Program.

Other professional programs have included working with the GVSU Pro-Bono clinics, development of postpartum exercise class for infant and mother, and Limbs of Hope – medical mission program. Through her mission work, she co-authored a study for the International Society of Prosthetics and Orthotics World Congress, Scotland. Stephanie continues to seek knowledge in holistic approaches to life and physical therapy and strives to expand her physical therapy skills. Stephanie's holistic life approach addressed a new and exciting means of treatment for our patients. This approach has played a large role in her lifestyle and with raising her family.

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.

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

6896 S Greenville Rd Suite 100
Greenville, 48838

616-754-5036
616-754-1723 Fax

844 S Washington Suite 100*
Holland, 49424

616-546-2550
616-546-2678 Fax

1675 E Mt Garfield Suite 135*
Muskegon, 49444

231-799-8880
231-799-8803 Fax

15044 220th Avenue*
Big Rapids, MI 49307

231-796-1500
231-796-3123 Fax

4100 Lake Dr Suite 305*
Grand Rapids, 49546

616-285-1377
616-285-1006 Fax

2147 Health Dr Suite 100*
Wyoming, 49519

616-281-1600
616-281-2247 Fax

* indicates Synergy PT

