

### Linda Rusiecki DPT



Linda earned her Associate's Degree in Pre-Physical Therapy and Certification in Massage Therapy from Lansing Community College in 2003. During her time at LCC, she participated in the Honor's Program, the Student Leadership Academy, and the Student Advisory Committee to the President. From there, she transferred to Grand Valley State University and earned her Bachelor's degree in Health Sciences, while working for the Campus Wellness Center as a Massage Therapist.

She graduated with honors in 2005, from the Honor's College. She completed GVSU Doctorate

of Physical Therapy program in 2008, after successfully finishing clinical rotations in outpatient orthopedics, school-based pediatrics, inpatient acute care, and traumatic brain injury/stroke rehab. After graduation she worked for a year in sub-acute geriatric rehab at Covenant Village of the Great Lakes and Clark Retirement Home before joining the team at MPC. In her spare time, she enjoys hiking, camping, scuba diving, biking, and swimming. She also has a small side business doing family, engagement, wedding, and portrait photography.

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

