

Experiencing these?

Joint and Muscle Pain
Sports injury
Frequent Falls and Dizziness
Difficulty Walking
Acute and chronic pain
Performing Arts Injury
Overuse Injuries

Optimum Recovery Rehab Can Help You!

Consult directly with a Physical Therapist from Optimum Recovery Rehab or obtain a doctor's referral to be seen by our Practice

Most Insurance Plans

Accepted

HOURS: BY APPOINTMENT

OPTIMUM RECOVERY REHAB PHYSICAL THERAPY AND REHABILITATION

**ADDING LIFE TO YOUR
YEARS**



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**Dr. Tessa Myra Cantado Almeda,
PT, DPT, CKTP, CWT, CWC, APTA-CCI**

holds a doctorate degree in physical therapy from Des Moines University. Since 1998, she has been improving her patients' quality of life. Tessa's physical rehabilitation expertise comes from her experience of treating varied medical conditions in various clinical settings. Furthermore, she is a Certified Kinesiotape Practitioner (CKTP), a certification bestowed upon professionals credentialed by the Kinesiotape Association International. Additionally, she is a Certified Weight Trainer (CWT), and Wellness Coach (CWC). Both certifications are granted to credentialed professionals by the International weightlifting Association.



**A PRACTICE DEDICATED TO PROVIDING
THE HIGHEST QUALITY OF CARE**



Physical therapy treatments are customized according to the patients' functional limitations in order to assist them in attaining their functional optimum recovery. We work together with you and your physician to help you get back on your feet and return to your normal activities of daily living

Services include but not limited to:

- Manual Therapy
- Kinesio Taping
- Sports Rehabilitation
- Strengthening & Conditioning
- Vestibular Rehabilitation
- TMJ Rehabilitation
- Gait Training
- Geriatric Rehabilitation
- Pre & Post Surgical Rehabilitation
- Orthopedic Injury Rehabilitation
- Wellness and Prevention Programs

CONDITIONS TREATED INCLUDE

BUT NOT LIMITED TO:

- Sports Injury
- Arthritic Conditions
- Osteoporosis
- Neck and Back Pain
- Vertigo, Balance & Coordination Problem
- Overuse Injuries
- Joint and Muscle Pain
- Muskuloskeletal Injuries
- Acute and Chronic Pain
- Gait / Walking Instabilities
- TMJ Dysfunction