

Is it harder to participate in everyday activities than it should be?

Do you have:

- Pain in muscles / joints
- Difficulty walking
- Loss of endurance
- Reduced strength / motion
- Problems after a recent surgery

Forté Physical Therapy helps you get better.

Your therapist will develop a treatment strategy including time frames and goals to help improve how you function at work and at home.



Forté Wellness Programs help you stay better.

### The Fitness Club:

A fitness assessment and exercise program developed by our fitness trainer and use of gym equipment during business hours.



### The Massage Club:

A free 1-hour session / month and a reduced rate for additional sessions that month, all provided by a licensed massage therapist.

Rachel Larsen PT, president of Forté Rehabilitation and Wellness Center, practiced in the neurological and orthopedic setting for eight years prior to establishing Forté in 2002. She is an adjunct faculty member at the UTHSCSA Physical Therapy Department, a contributing author for the Fifth Edition of *Beards Massage*, "Principles and Practice of Soft Tissue Manipulation," and a frequent lecturer on the subject of musculoskeletal disorders related to cancer treatment. She is a member of the American Physical Therapy Association, the Texas Physical Therapy Association, and a Lifetime Member of the UTHSCSA PT Alumni Association.



Making a positive difference...

- Forté provides rehabilitation services that help restore function, improve mobility, relieve pain and reduce suffering from injury or disease.
- Our wellness programs promote overall health and help restore and maintain a more energetic lifestyle.



Please call Forté Rehabilitation and Wellness Center to inquire about physical therapy or wellness programs.

Phone: 210.342.5300

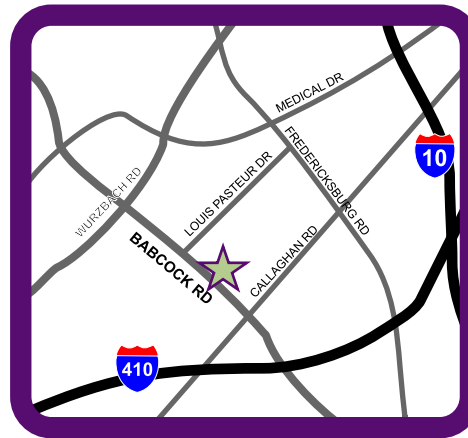
Fax: 210.342.5325

Hours of Operation:

Monday - Friday 7:00am - 7:00pm

1901 Babcock Road, Suite 204

San Antonio, TX 78229



*forte*  
Rehabilitation &  
Wellness Center

Helping People  
Move Better...  
Feel Better...  
Be Better.

