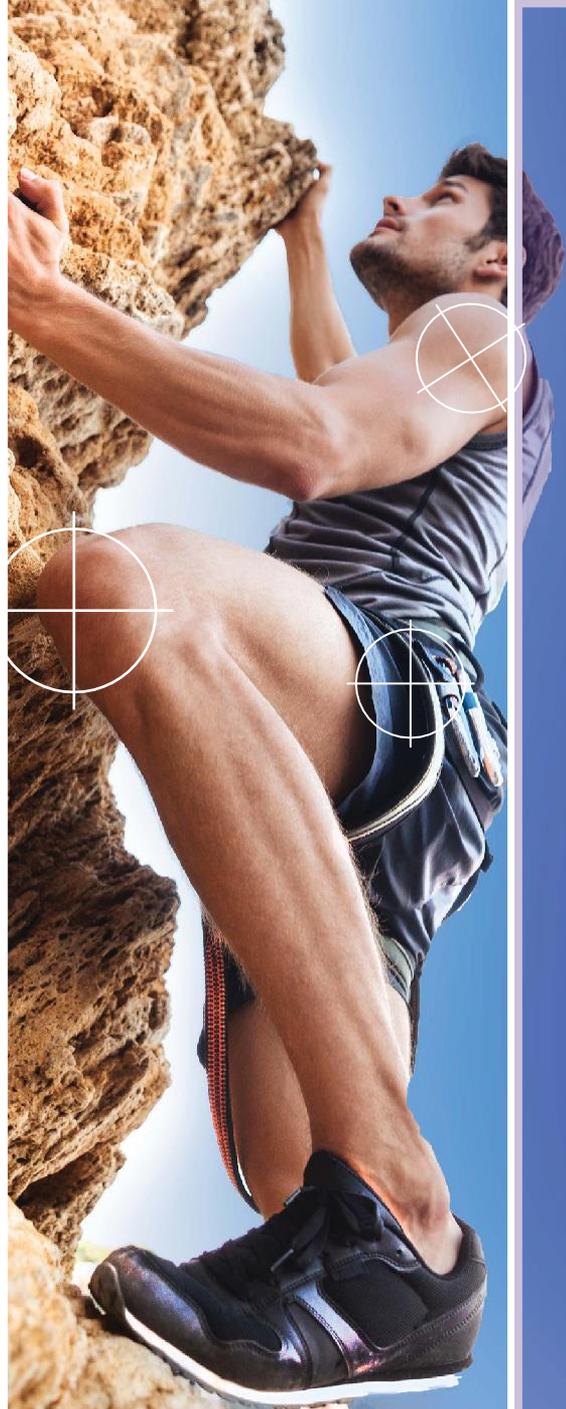


# WORKING TOGETHER



BELVIDERE REHAB &  
SPORTS MEDICINE





## Our Mission

Belvidere Rehab & Sports Medicine... helping people get their lives back, one day at a time.

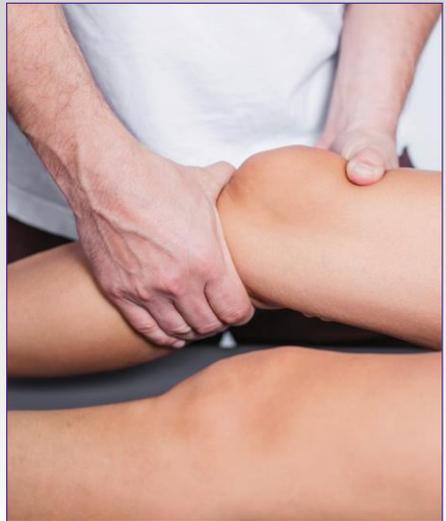
At BRS, we focus on physical therapy for patients that have had post-surgical operations, such as, knee replacements, hip replacements, rotator cuff repair, back surgery, carpal tunnel, etc. Other patients with diagnosis of a stroke, multiple sclerosis and sports injuries are also seen on a regular basis. These are just a few diagnoses, however, our staff is highly trained and capable of treating other types of diagnoses and diseases, that are typically seen in an outpatient setting.

Belvidere Rehab & Sports Medicine is equipped with four treatment rooms and one traction room. We also have a whirlpool for extremities, paraffin, electrical stimulation and ultrasound.

## What Is Physical Therapy?

Restoring function, improving mobility, relieving pain, and preventing further injury through education.

A published editorial in PT Magazine stated: "Physical therapists are good people to know. They're educated in understanding the interaction of all your body parts. Their hands-on approach begins with examination, diagnosis, and treatment of the immediate problem. Then they teach you how to take care of yourself by showing you how to do exercises and how to use your body properly to gain strength and mobility and prevent recurring injury."



# Specialties & Services

Our certified therapists cover a wide range of services including:

- Orthopedics and Sports Medicine
- Neck and Back Pain
- Headaches
- Manual Therapy
- Post-surgical and non-surgical therapy including spinal rehabilitation, and upper and lower extremity rehab
- Certified in Dry Needling
- Chronic Pain
- Post-stroke Rehab
- Industrial Rehab
- Sports Conditioning and Training
- Injury Prevention and Education Programs

## Physical Agent Modalities

- Ultrasound
- Electrical Stimulation
- Heat/Cold Packs
- Cryo-Compression Therapy

## Meet Our Therapist



**Matt Greenwood, PT, Cert. DN** concentrates his practice in the area of orthopedic and neurological rehabilitation with extensive experience in pre- and post-operative care, management of neck and low back pain and tendonitis. He received a certification in dry needling from Kineticore in 2013. Additionally, Matt continues to work for Mercy Health at Home completing home health care visits while maintaining both acute and sub-acute care skills. He graduated Magna Cum Laude from Northern Illinois University (1996). As one of the company's co-founders, Matt has worked in private practice with Belvidere Rehab & Sports Medicine since the doors opened in 2002.



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**BELVIDERE REHAB &  
SPORTS MEDICINE**

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