



## Our Core Values:

### Hope-filled Vitality

We believe everyone deserves to live life to the fullest, which is why we're in the business of getting our patients better than they ever thought possible. We approach our work in a way that not only helps people recover and maintain their peak health but also gives them a sense of hope.

### Healing Hospitality

You'll feel it from the moment you walk in—we foster a feeling of warmth and genuine joy throughout our clinic. Our goal is for you to leave our clinic feeling better—not only with relief from pain but also feeling lighter and happier as they go into the rest of their day.

### Balanced Excellence

As high-performance athletes ourselves, we understand the drive to push our bodies to the limits. But sometimes “no pain, no gain” can lead to straining our bodies past what's healthy. We're committed to helping our patients balance their hard work with a deep and effective self-care regimen to help them go the distance.

## We want you to leave feeling better than you thought possible!

**At Pivotal Connections**, we're in the business of helping people live life to the fullest. We understand your pain or injury isn't just an inconvenience—it's keeping you from being able to do the things you love.

**Maybe your past physical therapy experiences** left you feeling frustrated—clinics that felt more like a factory, with impersonal care that only got you partial relief. Pivotal Connections is a different kind of physical therapy experience. Through our attentive care and our industry-leading therapy techniques, we are committed to helping you feel better than you ever thought possible.

**As a Physiospa**, we offer a hybrid of one-on-one physical therapy services and an array of therapy modalities designed to tap into the body's incredible potential to heal. Our team takes a proactive approach to your care, identifying the root of your pain and offering a full toolbox to help you recover and maintain full mobility.

**Dr. Sandi Buchheister**, Doctor of Physical Therapy and Board Certified Orthopedic Specialist, provides one-on-one therapy sessions, using a combination of treatment styles and personalized recovery plans that actually work.

You can also use one of our many other industry-leading therapy modalities:

**Step into our Cryotherapy Tank** for just a few minutes to stimulate your body's natural healing abilities. Liquid nitrogen creates extremely cold temperatures that trigger a rush of anti-inflammatory proteins and endorphins, reducing inflammation and pain while boosting your mood and metabolism.

**Recover quicker with our Compression Therapy.**

A mechanical attachment for your legs, hips, or arms uses pressure to provide a deep tissue massage, mobilizing lactic acid buildup, reducing soreness and your recovery time.

**Relax in our Infrared Sauna Therapy.** Unlike traditional saunas, the technology in our sauna penetrates more deeply into your tissue, providing deep relaxation and pain relief, as well as a myriad of other benefits.

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707-702-2241

[pivconpt.com](http://pivconpt.com)

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