

“You don’t have to accept the way things are, you can reach for optimum wellness.” Marsha T. Colón M.S.P.T.

# Optimum Wellness

## Physical Therapy

www.optwellpt.com

Reclaim your quality of life . . .

### MEET THE THERAPIST

Marsha Colón was first exposed to physical therapy as a teenager when she worked as a rehab tech and witnessed the life-changing results that flow from physical therapy. That early life experience answered the “what do I want to be when I grow up” question, and she has never looked back.

Marsha has a B.S. in Kinesiology (the study of human movement) from the University of Maryland at College Park and a M.S. in Physical Therapy from the University of Miami School of Medicine. She is also a Certified Lymphedema Therapist. Marsha takes a holistic approach to PT and rehab that stems from her work in a variety of treatment settings — acute care and rehab hospitals, outpatient clinics, skilled nursing facilities, and assisted living communities.

Consistent with this varied experience, Marsha is constantly learning new techniques to help meet the evolving needs of her patients. Her patients report that Marsha has a knack for making them feel like family. Obviously, OWPT is more than a job — it is what Marsha was meant to do.



Home exercise programs ■ Foot and ankle disorders  
■ Shoulder pain ■ Prenatal and postnatal exercises  
■ Osteoporosis ■ Post-surgical rehab ■ Pelvic floor strengthening ■ Carpal tunnel ■ Incontinence



### OPTIMUM WELLNESS Physical Therapy

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Sports medicine ■ Neck pain ■  
Back pain ■ Balance training ■  
Tennis elbow ■ Golfers elbow

Walking difficulties ■ Stroke rehab ■  
Arthritis ■ Motor vehicle accidents ■  
Workers’ comp ■ Fall prevention



"THE KIND OF CARE AND ATTENTION I RECEIVED AT OPTIMUM WELLNESS SURPASSED ALL MY EXPECTATIONS . . ."

## ABOUT OWPT

Optimum Wellness Physical Therapy — OWPT — is a new, full-service physical therapy clinic located in Manassas, Virginia. OWPT is the brain child of Marsha Colón, M.S.P.T., a local physical therapist with nearly a decade of physical therapy experience. At OWPT, we seek to promote vibrant health and wellness by emphasizing hands-on physical therapy coupled with robust patient education.

## WHAT TO EXPECT AT OWPT — A Personal Touch

*Personalized attention.* You'll never find a "cookie cutter" approach at OWPT. Instead, you can expect one-on-one, personalized treatment during every visit.

*Diagnostic expertise.* Many of our patients and referring physicians tell us that OWPT has the best evaluation and treatment protocols in the area. That is why we specialize in "hard cases" that no one else has been able to successfully treat.

*Individualized treatments.* We utilize ultrasound and electrical stimulation therapies, hot and cold packs, soft-tissue massage, therapeutic reflexology, and cervical and lumbar decompression therapies to reduce pain and promote well being.

*Patient education.* At OWPT, we believe that the road to pain relief and overall wellness is paved with plain-language, easy-to-understand information about your condition or injury, its causes and treatment, and the tools you need to prevent a relapse.

*Integrated approach.* So often when a patient is referred to a specialist, it's like beginning all over again and the left hand doesn't know what the right hand is doing. Not at OWPT. We believe in regular communication with your doctor.

*Personalized follow-up.* You'll get a personal call from your therapist if you miss an appointment, and you'll also get two calls after discharge, to make sure that you are still making progress and to answer any questions.

VISIT OUR WEBSITE [optwellpt.com](http://optwellpt.com) for:

- Downloadable patient forms
- OWPT Newsletter, *Be Well*
- OWPT Blog, *Marsha's Minute*
- Patient feedback surveys
- Educational articles and links
- Refer A Friend Program
- FAQs
- Directions

## OWPT PATIENTS WILL TELL YOU . . .

"...Having had physical therapy treatment before, I thought I knew what to expect. However, the kind of care and attention that I received from Marsha, my PT, surpassed all my expectations. I have recommended the clinic to all my family and friends." — *Shirley*

"...I had neck pain for approximately 12 years before coming to see Marsha for physical therapy. My doctor was guarded about whether PT would help, and frankly so was I. I was convinced that since my neck pain and stiffness had continued to worsen for so long, exercise could not possibly make it better. I was wrong, and the neck pain and stiffness that was causing my blurred vision and was about to prevent me from being able to drive safely went away. I am now pain free and have full motion in my neck for the first time in 12 years! I recommend Marsha without reservation." — *Walter*

"...I had sudden onset of severe, stabbing low back pain that prevented me from doing something as simple as putting on my shoes and socks on my own. I am now pain-free and am able to dress independently. I am planning to have my wife see Marsha next because she was absolutely great." — *Gunter*

**Call today for a FREE consultation!**