

When your doctor recommends PT,
ask for a referral to SBB.



Why choose SBB?

- * We offer state-of-the-art interventions and techniques that are research-based
- * You will receive individualized, personal attention with a treatment tailored to your needs
- * Treatments are augmented with a home program which can be uploaded via video and/or digital photo to your phone or computer
- * Treatments take place in a quiet, “spa-like” environment
- * Evening and weekend hours available
- * Most insurances are accepted
- * Onsite post-rehab classes offered in Core Stability, Yoga, Tai Chi and massage therapy



SEACOAST BODY BALANCE, LLC
655 Portsmouth Avenue, Suite 3
Greenland, NH 03840
T: (603) 400-0711 F: (925) 405-0711
W: www.seacoastbodybalance.com

PHYSICAL THERAPY SOLUTIONS



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YOUR PATHWAY TO HEALING

P.T. - It doesn't stand for pain and torture

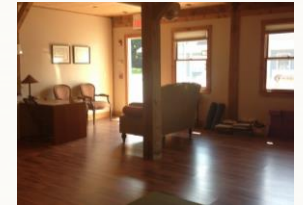


About Melissa H Gahr, MSPT

Melissa has over 20 years of experience as a therapist in a variety of settings. After graduating Magna Cum Laude from Northeastern University with a Bachelor of Science in Physical Therapy, she obtained an Advanced Master's Degree in Adult Neurological Rehabilitation from Long Island University Summa Cum Laude. During her 6 years at New York University Medical Center's Rusk Institute, she worked with top researchers and clinicians in the city's largest rehabilitation center. While working toward her master's degree, she was a clinical instructor for the NYU PT department. Later, she was recruited by a premiere private practice in Midtown Manhattan and became the Clinical Director. She has extensive experience in spine care, orthopaedics, sports injuries, vestibular rehabilitation and chronic pain. She is certified in the McKenzie Method for mechanical diagnosis and treatment of the spine. After relocating to the seacoast area, she worked in both orthopedic and audiological practices. She decided to combine her work in these specialties by opening Seacoast Body Balance, LLC, a private practice providing high quality, healing solutions for musculoskeletal, vestibular, and balance problems.

SUCCESSFUL OUTCOMES FOR A WIDE RANGE OF CONDITIONS LIKE:

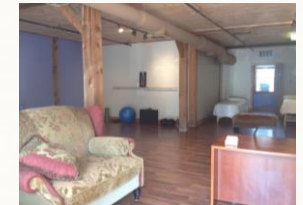
Neck and Back Injuries, Shoulder Tendonitis, Tennis/golf Elbow, Wrist/hand Pain, Hip Pain, Knee/ankle pain, Plantar fasciitis, Post-op Spine, Total Hip/Knee, Motor Vehicle Injuries, Sprains, Strains, Whiplash, Work and Sports Related Injuries, Osteoporosis, Fibromyalgia, Myofascial Pain Syndrome, Headaches, Spine and Pelvis Malalignment, Scoliosis, Chronic Pain, Balance and Gait Disorders, Dizziness, Brain Injury, Vestibular or Inner Ear Disorders.



AVAILABLE TREATMENTS:

Therapeutic Exercise, Neuromuscular Re-education, Manual Therapy, Back School/ADLs, Body Mechanics, Lumbar/core stability training, Myofascial Release, Deep Tissue Massage, Joint Mobilization, McKenzie Protocol, Graston Technique, Gait Training, Ultrasound/Thermal Modalities, Electric Stimulation, Iontophoresis.

Vestibular Rehabilitation including: Canalith Repositioning or Epley Maneuver, Balance Retraining, Vestibular Adaptation (VOR) Retraining, Fall Risk Assessments, Habituation, Substitution Exs.



CONVENIENCE:

We are located on Route 33, Greenland Village, 655 Portsmouth Avenue, Greenland, NH 03840 (next door to Me and Ollies). We are approximately 5 minutes from I-95 and 10 minutes from NH 101.

Most health insurance plans are accepted including: Medicare, Medicaid, Aetna, Anthem, Tricare, United, Blue Cross/Blue Shield, Harvard Pilgrim, MVP, Cigna, Worker's Comp, Motor Vehicle Accidents. Reasonable fees for self-pay options.

