

Personalized PHYSICAL THERAPY

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About Us

Our Mission

To improve quality of life and sense of well being while restoring physical function.

Why Personalized Physical Therapy?

We realize that the road to recovery is personal and we provide a treatment plan tailored to your individual needs. We will help you achieve a healthy and active lifestyle. Personalized Physical Therapy is conveniently located on the corner of Schoenherr and Canal in Sterling Heights next to Silver Pine Family Physicians. We treat disorders of the muscles, bones and joints by means of physical agents—heat, light, manual stretching, and exercises. This includes sports injuries, post surgeries, arthritis, fractures, general de-conditioning and nerve damage from the neck and back.

Personalized Physical Therapy was opened in August of 2009. The clinic is staffed by Physical Therapists Kevin Lawton and Neha Gummadi.



Kevin is a Michigan State University and Wayne State University graduate. Kevin has been a licensed therapist and a member of the American Physical Therapy Association since 1995. He specializes in the treatment of orthopedic injuries.



Neha is a 2009 graduate from Oakland University with a Masters in Exercise Science and Kinesiology. She also has certification in Vestibular Rehab and BPPV.

Physical therapists are instrumental in restoring individual function and meeting the changing health needs of society, including public education, prevention and health promotion.

Back to School Backpack Safety Tips

Wear both straps

- The weight of the backpack is better distributed.

Wear the backpack over the strongest mid-back muscles

- The back pack should not extend below the low back.

Lighten the load

- Keep the load at 10-15% or less of the child's body weight.

A Physical Therapist can help

- Choose a proper backpack
- Help improve posture problems
- Correct muscle imbalances
- Treat pain from improper backpack use

Our Hours

- Monday— 7am to 7pm
- Tuesday— 9:30am to 7pm
- Wednesday— 7am to 7pm
- Thursday— 9:30 am to 7 pm
- Friday— 7am to 12:30 pm



**43455 Schoenherr Road, Suite 6
Sterling Heights, MI 48313**

**To schedule an appointment call
586-884-2710**

E-mail contact: klawton@silverpinedocs.com