



REFER A FRIEND

UP Rehab Services

Website:
uprehab.com

WE GET YOU BETTER

Please go to our website uprehab.com to request an appointment at a facility nearest you.

PT Month: Stronger Every Step

Whether you're living with daily discomfort, recovering from illness, or simply looking to move and feel better, our team is here to help.

Physical and occupational therapy can benefit people of all ages, abilities, and health conditions. It can help with:

- **Injuries** (past or present)
- **Chronic conditions** like arthritis, diabetes, or COPD
- **Neurological conditions** (stroke, Parkinson's, MS)
- **Post-surgical recovery**
- **Pain management** without relying on long-term medications
- **Mobility challenges** including use of prosthetics

We provide free injury screens at all locations.

Outpatient Therapy Locations:

Marquette, Baraga, Alger, Delta and Dickinson County

Follow Us

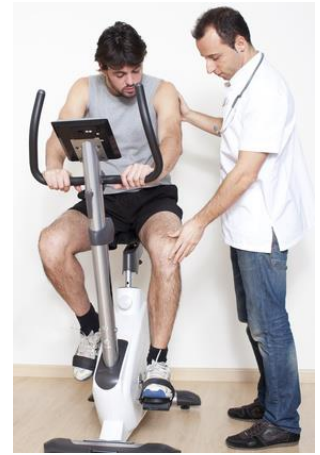


Please let
others know
about us!

Healing and Wellness

Our physical and occupational therapists create customized treatment plans designed for your goals, lifestyle, and specific health needs.

We use a wide range of techniques, including manual manipulation and mobilization aids can help patients with disabilities or who may not be able to participate fully in therapy. For aquatic therapy, the number for reduction of body weight is 50-90% of body weight depending upon depth of water. Waist height water is 50% reduction; chest height water is 75% reduction and neck height water is 90% reduction enabling individuals to perform movements that might be impossible with the gravity of dry land, improving strength and balance. Treatments can also be designed to reduce inflammation that causes swelling and pain, reducing the need for prescription medications.



Those engaged in sports will benefit from therapeutic massage, dry needling and cupping to ease stress, improve endurance, balance and agility, and help in reducing the risk of injury. Therapies are safe for women during pregnancy and in alleviating the discomfort of breastfeeding. Ultrasounds, electrical stimulation and heat and cold therapies are beneficial for muscle, joint and neurological disorders and aid in maintaining the health of soft tissues.

Physical and occupational therapy can even help with stress, weight loss, smoking cessation, and other emotional or behavioral challenges tied to physical well-being.

Physical and occupational therapy are not just for athletes or seniors. We work with:

- Athletes looking to improve performance or prevent injury
- Expecting or new moms managing pregnancy-related discomfort
- Cancer survivors dealing with treatment side effects
- Office workers suffering from poor posture or repetitive strain
- Premature infants developing motor skills

Get Back to Moving Pain-Free

You don't need to wait for a major injury or surgery to start feeling better. If you're dealing with pain, stiffness, imbalance, fatigue, or a chronic condition, physical and occupational therapy can help restore your strength, confidence, and quality of life.



Physical and occupational therapy are more than treatments. They're about empowering you to *move better, feel stronger, and live fully.*

Let us partner with you on your journey to wellness.

Please visit our website at Uprehab.com to find a location nearest you.