



KELLY BARDOSY, DPT
Doctor of Physical Therapy with
over 15 years experience.

BS KINESIOLOGY
UNIVERSITY OF MN 2002
DOCTOR OF PHYSICAL THERAPY
MARQUETTE UNIVERSITY 2005

our approach

On-Site Therapy Prevents Falls:
Our comprehensive fall management
program educates clinical, administrative
and support staff on performing
collaborative interdisciplinary
assessments and evidence-based
interventions. The program aims to
reduce falls/fall risk and improve each
resident's ability to function at his/her
highest level.

Socially distanced
group fitness
classes offered
weekly! Parkinson's
Fitness Class,
Mobility &
Strengthening.

JOIN US FOR A FREE FITNESS CLASS OR EDUCATIONAL OFFERING

Workshop offerings
including:
Stepping On,
Falls Prevention
Education,
Assistive Device
Screening and more!

located at

St. Monica's Senior Living
3920 N Green Bay Road
Racine, WI 53404

for appointments

call 262.321.7164
fax 262.314.6051
www.arisephysicaltherapy.org



Arise
PHYSICAL THERAPY
St. Monica's Senior Living



Arise
PHYSICAL THERAPY
St. Monica's Senior Living

Independence. Mobility. Safety.

MAXIMIZING QUALITY OF LIFE.



NEUROMUSCULAR • STRENGTH & CONDITIONING
ORTHOPEDIC • FALL PREVENTION • BALANCE

finding support

IN YOUR RECOVERY PROCESS

You do not need to be living at St. Monica's to benefit from Arise Physical Therapy.

Receive high quality physical therapy services.

One-on-one, individualized plan of action to achieve your goals.

Non-profit organization, accepts almost all major insurance carriers and Medicare.

Treating a range of conditions.



"Kelly has so much patience and a way of describing how to move that makes me feel accomplished and powerful. I've walked more than ever here."

JOYCE SCHMIDT, CLIENT

process for healing

Regain Mobility!
Monthly wheelchair,
walker, cane checkup clinic.
Staff Caregiver Training

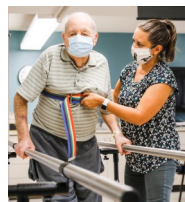
Fall Prevention Action Planning
Balance Screenings/Walking Program
Parkinson's Certified Fitness Classes

- Geriatric Care
- Sports Injuries
- Muscle Imbalance
- Post Surgical Rehab
- Arthritis
- Osteoporosis
- Neurological Disorders
- Spinal Care
- Orthopedic Injuries
- Postural Analysis



PROFESSIONALLY EVALUATE YOUR REHABILITATION NEEDS

After receiving your doctor's prescription for physical therapy, Kelly will meet with you to assess your needs. A plan of action is made to achieve your goals. Scheduling flexibility to meet your needs.



SPECIALIZED TREATMENT PROGRAM DEVELOPED FOR INDIVIDUAL NEEDS

Programs are individualized to address personal goals.



ONE-ON-ONE PHYSICAL THERAPY HELPING YOU GET BACK TO LIFE.

Updated therapy gym offers a spacious area to work on your recovery. Focused attention without distraction of other clients or exercise customers.