

Contact Us.

To schedule a physical therapy evaluation or for additional information about any of our specialty services, please call our office during normal business hours:

We participate with most commercial insurances and would be happy to assist you with any benefit questions you may have. You can also visit our website at www.agilitysportsmedicine.com

Portage Office: 269.329.0934
Kalamazoo Office: 269.375-4737

Our staff.

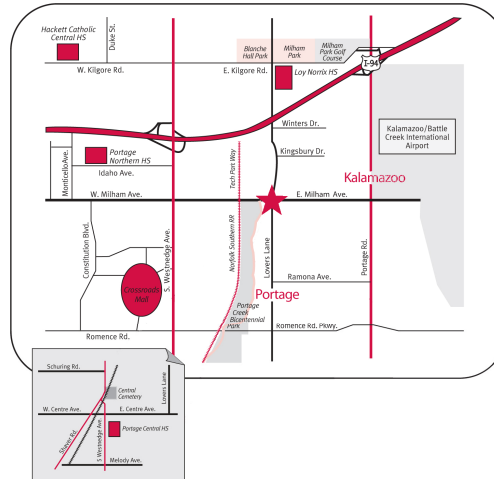
Our expert staff have advanced training and certification, as well as years of experience in working with individuals with various types of spinal disorders with the ultimate goal of improving function. You won't find a better TEAM to help



Our Locations.

We have two convenient locations now to serve the Southwest Michigan area.

PORTAGE: 6106 Lovers Lane, Suite 3 (49002)
Located on the southwest corner of E. Milham Ave. and Lovers Lane. The parking lot entrance is off Lovers Lane.



KALAMAZOO: 5886 Venture Park (49009)
Located off Stadium Dr. west of US-131 behind DeNooyer Chevrolet. White brick building with a blue roof.



A Healthy Spine Through Agility



The McKenzie Method



Physical Therapy & Sports Performance
Agility Physical Therapy & Sports Performance, LLC

A Healthy Spine Through Agility

The McKenzie Method.

Also known as Mechanical Diagnosis and Therapy (MDT), the McKenzie Method is a philosophy of active patient involvement and education for back, neck and extremity problems. The key distinction is the initial assessment component—a safe and reliable means to accurately reach a diagnosis which will assist in developing the appropriate treatment plan. Rarely are expensive tests required, as Trained and Certified MDT clinicians have a valid indicator to know right away whether the method will work for each patient.



The Three Steps to Success.

Research has shown the initial McKenzie assessment procedure to be as reliable as costly diagnostic imaging (i.e., x-rays, MRIs) to determine the source of the problem and to quickly identify responders and non-responders.

The goal is to provide each patient with the necessary “tools” to manage their spinal disorder with a long-term program.



Complimentary approaches.

Our philosophy at Agility Physical Therapy is that of an eclectic approach. Although we start with the “McKenzie Method,” every patient is unique. Occasionally, other manual techniques can facilitate a complimentary approach necessary for the successful management of each individual. Our staff has additional advanced training in:

- ✓ Manual therapy (Univ. of St. Augustine)
- ✓ Manipulative techniques (Osteopathic approach)
- ✓ Mobilization with Movement (Mulligan)
- ✓ Myofascial and Active Release Techniques
- ✓ Rocabado techniques for cervical spine
- ✓ Muscle Energy and Strain/Counter Strain

Who is appropriate?

Any individual who is active and is having difficulties maintaining their functional status due to a spinal disorder.

- ✗ Acute or chronic pain for the cervical, thoracic and lumbar spine
- ✗ Radicular or referred symptoms
- ✗ Facet joint arthropathy (DJD)
- ✗ Degenerative disc disease (DDD)
- ✗ Sacroiliac (SI) joint dysfunction
- ✗ Pelvic or hip dysfunction

From the pediatric to the geriatric population, mobility and stability are the key components critical to a healthy lifestyle.

Getting Started.

All that we need to get you started is a prescription from your primary care physician or specialist with an appropriate medical diagnosis.