



ASH DANIEL

CORA Physical Therapy's Midlothian office opened Aug. 1 to provide expert physical therapy

At some point, most people will be faced with an injury or muscle discomfort. That's when many people turn to physical therapy for relief from the pain.

"Physical therapy is important to help manage musculoskeletal and neuromuscular issues resulting in pain or disability without the need of as much medication or surgeries. This keeps you healthier, happier and able to do the things you want to do," says physical therapist David Reynolds, who heads the new office of CORA Physical Therapy in Midlothian.

CORA Physical Therapy (coraphysicaltherapy.com) is an outpatient rehabilitation company that uses proven clinical practices and cost-effective treatment protocols to return patients to their jobs and lifestyles as soon as possible.

CORA operates more than 250 clinics in 10 states: Florida, Georgia, Illinois,

Kentucky, Missouri, North Carolina, South Carolina, Tennessee, Virginia and Wisconsin, including specialty clinics under the Body Gears brand.

Reynolds, who has a doctorate in physical therapy from the University of Lynchburg, has been working in the field since 2013. His approach to physical therapy is eclectic and far-reaching.

"I see individuals as diverse and complex, necessitating a need for a thorough evaluation. I ask a lot of questions, which at times will catch people off guard, but what I'm doing is trying to find the root cause of the issue they are coming to see me for in order to get them better faster," he says. "My goal is to serve people in whatever way I can. For me, that first starts with a friendly introduction, but the most important part is being able to spend the time needed to hear a patient's story to build that therapeutic alliance."

There are some myths about physical therapy that may keep people from seeking help. For example, some people think they can get better by doing exercises they found online or a friend suggested.

"Typically, I'd say this isn't true. Everyone responds to different exercises differently just like we are all different people. What works for one might not work for you," Reynolds says. "You could be doing the wrong thing for your condition, creating more problems and setting yourself up for more pain and disability down the road."

CORA's clinics offer a complete range of treatment, including outpatient physical therapy and general rehabilitation, worker's compensation therapy, sports and auto injury rehabilitation, and rehabilitation for seniors.

One of the things that sets CORA apart from other physical therapy clinics is its ability to see patients quickly – within 24 to 48 hours – sometimes even the same day. It also provides complimentary screenings/assessments for those interested in physical therapy.

CORA treats the entire community, believing that everyone deserves access to physical therapy treatment. The company accepts 4,000+ insurance plans and has payment options for those without insurance.

CORA offers direct access to patients, which is the ability to be treated by a physical therapist without the need for a physician referral. "In Virginia, I can treat people for two

Physical therapist David Reynolds works to keep patients healthier at CORA Physical Therapy.

months without a physician having to sign off on a note, though that may vary by insurance," says Reynolds. "So, if you think you need physical therapy you can come directly to me and don't have to go to a specialist or your primary care provider in order to seek care."

Reynolds can also see patients before surgery to prepare them physically and mentally for surgery.

"Most of my patients that do pre-hab therapy tend to return to function quicker with less overall issues post-surgery, giving them a better overall experience," he says. "I also treat vertigo/dizziness, which not every physical therapist does. If you are rolling over in bed and the room starts spinning on you or you experience something similar, typically with no other complications, your symptoms can be gone in as quick as two or three visits!"



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