



Rehabilitation Clinics

WITH **ASTYM**[®]

Restore • Revitalize • Recover

We Keep You Active



CORA Rehabilitation Clinics introduces Astym[®] Treatment for soft tissue dysfunction

CORA Rehabilitation Clinics - Jacksonville introduces a revolutionary new treatment protocol for soft tissue disorders. Astym treatment is a therapy that regenerates healthy soft tissues and eliminates or reduces unwanted scar tissue that may be causing pain or movement restrictions.

Astym Treatment Benefits:

- Astym Treatment works quickly - a typical course of treatment lasts only four to six weeks (8-10 visits).
- You get to stay active - during Astym therapy you are actually encouraged to continue normal activities. You can still go to work and stay in your sport or favorite activity without having to take time off from your life while you recover.
- It is non-invasive - no needles and no incisions.
- Astym treatment doesn't just treat the symptoms or hide a problem with a temporary solution. Instead, the Astym process stimulates the body to regenerate healthy tissues and heal properly and completely.
- Only certified Astym therapists at CORA Rehabilitation Clinics offer this therapy. Our certified clinicians undergo intensive training and they will give you the results you expect from Astym treatment.
- Astym treatment was development by experienced medical professionals through years of clinical use and detailed research.

Conditions that my benefit from Astym treatment include:

- Plantar Fasciitis
- Achilles Tendinitis
- IT Band Syndrome
- Shin Splints
- Knee Pain
- Hip Pain
- Hamstring Strain
- Tennis Elbow
- Patellar Tendinopathy
- Scar Tissue Restrictions

Physicians may refer patients to CORA Rehabilitation Clinics using the Rapid Referral service at www.corahealth.com or by calling **866.443.2672**.

CORA Rehabilitation Clinics in Jacksonville are currently certified to perform this treatment:

CORA Rehabilitation Clinics-The Beaches
3316 3rd Street South, Suite 104
Jacksonville Beach, FL 32250
904.249.2358 • 904.249.2362 fax

CORA Rehabilitation Clinics-Kennerly
6100 Kennerly Road, Suite 201
Jacksonville, FL 32216
904.739.9901 • 904.739.9903 fax

CORA Rehabilitation Clinics-Westside
6248 103rd Street
Jacksonville, FL 32210
904.573.0046 • 904.573.0772 fax

CORA Rehabilitation Clinics-Palm Coast
One Florida Park Drive South, Suite 230
Palm Coast, FL 32137
386.447.5447 • 386.447.5502 fax

CORA Rehabilitation Clinics-Regency
9527 Regency Square Blvd., Unit 105
Jacksonville, FL 32225
904.647.4263 • 904.855.4010 fax

CORA Rehabilitation Clinics-Riverside
1045 Riverside Avenue, Suite 190
Jacksonville, FL 32204
904.647.4284 • 904.354.5352 fax

CORA Rehabilitation Clinics-St. Augustine
10440 US 1 N., Unit 101
St. Augustine, FL 32095
904.824.4042 • 904.824.3193 fax

CORA Rehabilitation Clinics-South Flagler
80 Pinnacles Drive., Bldg. B., Suite 800
Palm Coast, FL 32164
386.586.3133 • 386.586.3887 fax