



Concierge Mobile Treatment | Recovery Services Menu

Guidance Physical Therapy & Wellness: Open 24/7 — 365 | Available for Travel
CEO / Founder: Tony Kottoor | Doctor of Physical Therapy, Masters in Kinesiology
Text for Immediate Response: (602) 291-7001

1. Scraping & IASTM

- **Problem:** Scar tissue, limited mobility.
- **Solution:** Instrument-assisted soft tissue mobilization.
- **Benefit:** Breaks down scar tissue, improves mobility.

2. Manual Stretch

- **Problem:** Tight muscles, limited flexibility.
- **Solution:** Gentle stretching exercises.
- **Benefit:** Increases flexibility, improves range of motion.

3. Massage

- **Problem:** Muscle tension, soreness.
- **Solution:** Therapeutic massage techniques.
- **Benefit:** Relaxes muscles, improves circulation + pain.

4. Acupuncture / Dry Needling

- **Problem:** Trigger points, muscle dysfunction.
- **Solution:** Thin needles into trigger points.
- **Benefit:** Relaxes muscles, reduces pain, improves function.

5. Electrical Stimulation

- **Problem:** Muscle weakness, pain.
- **Solution:** Electrical currents to stimulate muscles.
- **Benefit:** Strengthens muscles, reduces pain, aids recovery.

6. Heat Therapy

- **Problem:** Muscle stiffness, pain.
- **Solution:** Heat packs or warm compresses.
- **Benefit:** Relaxes muscles, improves blood flow + stiffness.

7. Cold Therapy

- **Problem:** Inflammation, swelling.
- **Solution:** Ice packs, cold compresses, or cryotherapy.
- **Benefit:** Reduces inflammation + swelling, numbs pain.

8. Vibration Technology

- **Problem:** Muscle tightness, soreness.
- **Solution:** Vibrating foam rollers or massage guns.
- **Benefit:** Increases blood flow, lowers tension, aids recovery.

9. Cupping

- **Problem:** Muscle stagnation, pain.
- **Solution:** Suction cups to the skin.
- **Benefit:** Increases blood flow, releases tension, relaxation.

10. Joint Mobilizations

- **Problem:** Restricted joint mobility, stiffness.
- **Solution:** Manual techniques to restore joint mobility.
- **Benefit:** Improves joint range of motion, reduces stiffness.

11. Blood Flow Restriction

- **Problem:** Muscle weakness, limited rehab.
- **Solution:** Controlled blood flow restriction during exercise.
- **Benefit:** Strengthens muscles, improves endurance.

12. Traction

- **Problem:** Spinal compression, nerve impingement.
- **Solution:** Traction force to the spine.
- **Benefit:** Relieves pressure, decompresses spine, reduces pain.

13. Foam Rolling

- **Problem:** Muscle tightness, myofascial restrictions.
- **Solution:** Self-myofascial release using foam rollers.
- **Benefit:** Releases muscle tension, improves flexibility.

14. Pneumatic Compression Therapy

- **Problem:** Swelling, muscle soreness.
- **Solution:** Garments that apply consistent pressure to the body.
- **Benefit:** Enhances circulation, reduces swelling, aids recovery.

15. Mindfulness, Meditation & Deep Breathing

- **Problem:** Stress, anxiety.
- **Solution:** Practice mindfulness and deep breathing exercises.
- **Benefit:** Promotes relaxation, reduces stress, improves mental focus.

16. Oxygen Therapy and Hyperbaric Chambers

- **Problem:** Slow healing and recovery processes.
- **Solution:** Enhance oxygen levels in the blood.
- **Benefit:** Accelerates healing, improves recovery times.

17. Kinesio Taping

- **Problem:** Lacking muscle and joint support during active movements.
- **Solution:** Application of therapeutic tape to support muscles and joints.
- **Benefit:** Provides support without restricting motion.

18. Laser Therapy

- **Problem:** Tissue damage, inflammation, and pain.
- **Solution:** Low-level lasers for tissue repair and inflammation reduction.
- **Benefit:** Promotes tissue healing, reduces pain and inflammation.

19. Orthotics Consultation and Fitting

- **Problem:** Improper foot alignment and performance issues.
- **Solution:** Customized foot orthotics for optimal alignment and support.
- **Benefit:** Improves alignment and performance. Reduces injury risk.

20. Paraffin Wax Treatment

- **Problem:** Joint stiffness, muscle soreness, and dry skin.
- **Solution:** Application of warm paraffin wax to affected areas.
- **Benefit:** Soothes skin, eases joint stiffness, and reduces soreness.

Additional Specialty Experts:

Chiropractor
Flotation Therapy
Yoga & Pilates Instructor

Nutritionist / Dietician
Neurofeedback Specialist
Brainmap Specialist



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Assessment!**

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1. Biomechanical Assessments and Motion Analysis

- **Problem:** Inefficient movement patterns, risk of injury.
- **Solution:** Detailed motion analysis using technology.
- **Benefit:** Identifies + corrects inefficiencies, reduces risk.

2. Advanced Gait Analysis

- **Problem:** Improper walking/running, lower limb injury risk.
- **Solution:** Detailed assessment and correction of gait.
- **Benefit:** Prevents lower limb injury, enhances performance.

3. Comprehensive Injury Risk Assessments

- **Problem:** Potential vulnerabilities to injury.
- **Solution:** Musculoskeletal, posture, joint mobility evals.
- **Benefit:** Identifies risks, proactively prevents injuries.

4. Strength and Conditioning Programs

- **Problem:** Insufficient muscle strength and flexibility.
- **Solution:** Drills for baseball-specific muscle groups.
- **Benefit:** Reduces injury risk, improves performance.

5. Food & Nutritional Counseling and Hydration Management

- **Problem:** Inadequate nutrition and hydration.
- **Solution:** Custom nutrition plans and hydration strategies.
- **Benefit:** Strengthens muscles, reduces pain, aids recovery.

6. Mental and Cognitive Training

- **Problem:** Mental stress, reduced focus and resilience.
- **Solution:** Mindfulness, visualization, cognitive exercises.
- **Benefit:** Enhances focus and stress management.

7. Customized Rehabilitation Programs

- **Problem:** Recovery from injuries or surgeries.
- **Solution:** Tailored rehabilitation for sport-specific needs.
- **Benefit:** Accelerates recovery, prevents re-injury.

8. Functional Movement Training

- **Problem:** Suboptimal coordination, balance, agility.
- **Solution:** Exercises to improve movement patterns.
- **Benefit:** Enhances performance, reduces injury risk.

9. Pain Management Counseling

- **Problem:** Managing chronic or acute pain.
- **Solution:** Strategies for effective pain management.
- **Benefit:** Reduces pain, aids in healthier training practices.

10. Regenerative Medicine Techniques

- **Problem:** Slow recovery, persistent injuries.
- **Solution:** PRP therapy, stem cell treatments.
- **Benefit:** Promotes healing, accelerates recovery.

11. Aquatic Therapy

- **Problem:** Need for low-impact joint and muscle training.
- **Solution:** Exercises in water to reduce strain.
- **Benefit:** Enhances joint mobility, muscle strength, reduces injury risk.

12. Balance and Proprioception Training

- **Problem:** Reduced stability and body awareness.
- **Solution:** Targeted exercises for stability and proprioception.
- **Benefit:** Prevents injuries, improves athletic performance.

13. Breathing Techniques and Diaphragm Training

- **Problem:** Inefficient breathing, core instability.
- **Solution:** Exercises to enhance breathing and core strength.
- **Benefit:** Improves core stability, overall athletic capability.

14. Cardiovascular Endurance Training

- **Problem:** Insufficient heart and lung stamina.
- **Solution:** Tailored programs for cardiovascular health.
- **Benefit:** Increases endurance, essential for game performance.

15. Ergonomic Assessments and Advice

- **Problem:** Poor posture during training and daily activities.
- **Solution:** Guidance on optimal posture and ergonomics.
- **Benefit:** Prevents strain and injuries, enhances performance.

16. Posture Correction and Training

- **Problem:** Inadequate posture leading to potential injuries.
- **Solution:** Strategies and training for improved posture.
- **Benefit:** Reduces injury risk, enhances athletic form.

17. Neck and Spine Care Program

- **Problem:** Risk of neck and back injuries.
- **Solution:** Focused treatments for spinal health.
- **Benefit:** Maintains spinal health, prevents neck/back injuries.

18. Sport-Specific and Position-Specific Agility Drills

- **Problem:** Need for improved reaction time and agility.
- **Solution:** Baseball-specific movement drills.
- **Benefit:** Enhances agility, crucial for on-field performance.

19. Neuromuscular Re-education

- **Problem:** Altered movement patterns and muscle function.
- **Solution:** Techniques to restore normal movements.
- **Benefit:** Improves muscle function, reduces injury risk.

20. Kinesthesia Program

- **Problem:** Reduced sensory awareness and coordination.
- **Solution:** Exercises to enhance proprioception and kinesthesia.
- **Benefit:** Increases body awareness, prevents injuries.

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