

AS SEEN IN ORLANDO MAGAZINE



Florida Sports & Spinal Rehab

OUR PRACTICE: Dr. Tanya Schrupf, DC, Director of Rehabilitation; Dr. Kristina Wehby, DPT, Director of Physical Therapy; Dr. Lance Maki, MD, Medical Director; Terry Schrupf, MBA, President; and a team of rehab specialists and ancillary service providers complete our group. **OUR SERVICES:** Acute Pain Management, Physical and Aquatic Therapy, Chiropractic Care, Medical Massage, Acupuncture, YogaHab, Weight and Lifestyle Management, Post Therapy Training and Fitness, Post Surgical Rehabilitation. **CONDITIONS WE TREAT MOST OFTEN:** Back and Neck Pain, Orthopedic and Extremity Injuries, Post Surgical Rehabilitation, Arthritis, Fibromyalgia, Injuries from Auto- and Work-Related Accidents, and any Numbness or Tingling in the Arms or Legs. **WHAT SETS US APART:** We are a one-stop provider, offering all available pain management and therapy services under one roof so that patients can access appropriate care directed by a team of specialists working toward one common goal—your health! **QUESTIONS? WE HAVE ANSWERS:** How can I do yoga without hurting my back? What if I want to ride a bike but it hurts my knees? Do aqua exercise classes help build healthy bones? All are legitimate concerns. At FSSR, we not only rehabilitate your injury, weak muscles, tendon and joints and restore them to pain-free function, we complete your care from A to Z. When you finish rehab, we will create an exercise routine prescription for you.

INNOVATIONS: The formula for getting patients back to health is our multi-specialty care model designed to transition patients from one specialty to another as necessary. We also place great emphasis on keeping patients healthy through post-therapy education, personal training and ancillary wellness services. We have designed a clinic-based therapeutic yoga program called YogaHab that is safe and effective for patients with any type of orthopedic injury or post-surgical recovery. Whatever the patient's health and wellness goals, they can be achieved under the supervision of our dedicated clinicians.

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