



We offer the following Specialized Therapy services:

Aquatic Therapy

Optimize your strength, motion, and function with Aquatic Therapy.

Bowen Therapy

Stimulate the body to reset, recharge, and heal itself.

GYROTONIC

A unique movement practice with roots in Yoga, Tai Chi, and dance.

Massage Therapy

Improved range of motion and increased tissue elasticity.

Myofascial Decompression

Helping in the treatment of wounds, skin grafts, and musculoskeletal pain and stiffness.

Therapeutic Yoga

Rejuvenating therapy for increasing strength, mobility, and balance.

Women's Health

A treatment plan using techniques to fit your unique needs.

Astym®

Boost your body's natural capacity for healing soft tissue degeneration, scarring, and fibrosis.

Craniosacral Therapy

Gentle, noninvasive bodywork for the bones of the head, spinal column, and sacrum.

LSVT Big

Developed specifically to address the unique movement impairments for people with Parkinson's disease.

Men's Health

Specific physical therapy helps men find relief from common issues.

Orthotic Fabrication

Custom orthotics can limit abnormal motions, provide pressure relief, and support structural weaknesses.

Temporomandibular Joint Disorders

An IRG therapist will work with you to reduce jaw pain.

Work Conditioning

IRG's work conditioning program is designed to accelerate your recovery process and get you back on the job.

Balance and Falls Prevention

Taking proactive measures helps older adults remain independent.

Gait Analysis

Feedback from gait analysis will help you walk or run more efficiently.

Lymphedema Treatment

Lymphedema can be controlled with careful and consistent treatment.

Mind-Body Therapy

Balancing physical, emotional, and mental wellbeing.

Pediatric Physical Therapy

Therapy for our youngest patients, from birth through adolescence.

Vestibular Rehabilitation

Our Vestibular Rehabilitation program covers a variety of services for the specific needs of each patient.

Nutrition

It's all about a healthy you!