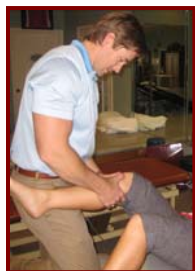




Orthopedic Rehabilitation

Every client has different needs, goals, and history pertaining to their injury or condition. Each client is evaluated prior to treatment to assess their needs, provide education pertaining to their specific condition, answer questions or concerns, and take baseline measurements to help determine goals. Pain reduction is the primary goal and will always be addressed prior to establishing an exercise



program. Dr Lott utilizes a variety of treatments for orthopedic conditions causing pain or discomfort based on the client's needs. As the client's symptoms of discomfort subside, progressive therapeutic exercise will be prescribed to address the cause of his/her discomfort or physical limitations.

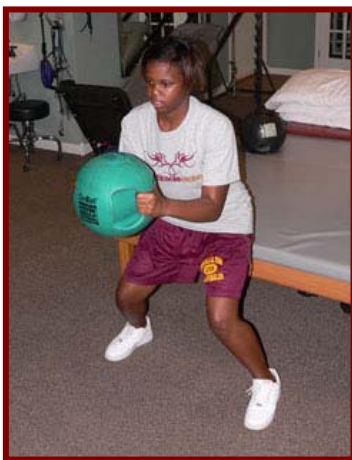
Sports Rehabilitation

Lott Physical Therapy provides progressive sports rehabilitation for athletes of all ages and playing levels. The facility is equipped to meet the challenges of athletes at all levels. In collaboration with the referring provider, the Physical Therapist develops a program which includes sports specific rehab, preventive education, and a home exercise regimen.



Kinesio Taping

Providers at Lott Physical Therapy are Level 3 Kinesio Taping Certified. Clients experience incredible results. Kinesio Tape is strategically placed to help assist in the joint's action or treat a joint dysfunction. Dr Lott's clients have been amazed at the benefits: the technique helps provide support, relieve pain, improve circulation, reduce inflammation, relax or assist overstressed muscles, and correct dysfunctional muscle and joint actions. Unlike more rigid braces, Kinesio Taping does not limit range of motion. And unlike traditional tape jobs, it isn't compressive or constrictive – two things which can limit circulation and lymph flow and consequently impair function both acutely and long term (if healing is impaired). Kinesio Taping can be used on major muscle groups and smaller joints alike to treat such issues as carpal tunnel syndrome, plantar fasciitis, and rotator cuff injuries to name a few.



Acute Back or Neck Pain: The McKenzie Method



The answer to pain relief is NOT....take it easy and it will go away. Dr. David Lott, Physical Therapist, is a

certified McKenzie provider and specializes in the treatment of neck and back pain. Make a decision today to stop ignoring the pain.... you could be causing greater damage that could lead to permanent injury! Discuss Physical Therapy options with your family healthcare provider. Using the McKenzie method, Dr Lott believes in active client participation and with proper assessment and treatment, he and the client are often able to identify activity that caused or exacerbates symptoms. Ultimately, the client becomes independent in controlling symptoms.

Making a Referral

If you are a healthcare provider and you would like to refer a client for Physical Therapy services, or obtain information about whether a client may be an appropriate candidate for Physical Therapy, please contact us today. Our rehabilitation philosophy emphasizes therapist teaching and active client participation in the recovery process. We believe a team approach is the best method to achieve the goal of a speedy and full recovery. We work closely with the client, the referring provider and other health professionals to reach that goal.

Industrial Rehabilitation

The industrial rehabilitation program provides training and conditioning that incorporates each individual's specific job tasks. This form of rehabilitation has proven to be much more effective than conventional therapy in returning the injured worker to pre-injury status.



Dr. David Lott is a licensed WorkSTEPS® provider. WorkSTEPS is a program developed in 1984 to assist employers in complying with state and federal regulatory and quality assurance guidelines regarding pre-employment testing, on-the-job injury management and worker's compensation claims. It was designed by physical therapists specializing in industrial rehabilitation. The program enables employers to Pre-screen employees or potential employees who have cardiovascular and/or cumulative trauma disorders; Evaluate current employees to identify safe and appropriate job positions; Identify legitimate work-related injuries and disqualify non-legitimate injuries and Expedite rehabilitation and post injury returns to work

Fitness Center

A large portion of our clients are motivated to continue independent exercise when skilled therapy is no longer necessary. Many utilize Lott Fitness Center, conveniently located next to our PT department, to accomplish other personal goals including improving their strength, energy levels and cardiovascular performance. The Fitness Center also offers Fitness Evaluations, computerized workout programs, blood pressure monitoring and wellness information. Fitness Center dues are offered at reduced rates to clients who graduate from a therapy program.

About the Staff



David Lott, PT, DPT, CEAS, CKTP, Cert MDT

Dr David Lott graduated with a BA in Biology from Southern Methodist University (SMU) and his Doctorate of Physical Therapy from Hardin Simmons University. Dr. Lott is a certified [McKenzie](#) Therapist (Cert MDT), a distinction held by less than 1% of Texas Physical Therapists. He is a certified ergonomic assessment specialist (CEAS), a certified WorkSTEPS provider and is Level 3 Kinesio Taping Certified. Dr. Lott's awards include the Ruby Decker Award for Most Outstanding Physical Therapist in Texas, 2007, as well as the Warren C. Smythe Award in 2007 for most outstanding contribution to the physical therapy profession by a private practitioner in Texas. In 2011, he and the clinic were selected APTA's 2011 Private Practice of the Year and his alma mater, Hardin Simmons University, awarded him HSU Outstanding Alumni.



Laura Ludeman, PT, DPT

Dr Laura Ludeman, Physical Therapist, graduated with her Doctorate of Physical Therapy from Azusa Pacific University, California 2010. Laura grew up in Southern California and made her way to Texas after graduating to join the Lott Physical Therapy and Fitness Center Team.



Tina Sullivan, PTA, CKTP

Tina Sullivan, PTA, received her degree from North Harris Montgomery Community College and has been practicing in various settings since 2000. Tina is a Level 3 Kinesio Taping Certified provider. Although Tina's continuing education has been diverse she particularly enjoys working with orthopedic cases and takes pride in staying current with the latest rehabilitation approaches for complex sports injuries.

LOTT PHYSICAL THERAPY & FITNESS CENTER



Physical Therapy

375A W Hwy 84
Fairfield, Texas 75840
P: 903.389.7433
F: 903.389.7631

1026 W 2nd Ave
Corsicana, TX 75110
P: 903.874.7433
F: 903.874.6295

www.LottFitnessCenter.com
info@LottFitnessCenter.com