

## Your Treatment

### Supporting and Correcting

Stretching\*  
Strengthening Exercise\*  
Aerobic Exercise\*  
Kinesiotaping\*  
Bracing\*  
Surgery\*

### Reducing Your Pain

Acupressure\*  
Massage  
Physical Modalities\*  
Topical Meds\*  
Herbs  
Oral Meds\*  
Acupuncture\*  
Injections\*  
Guided Injections\*

### Helping Your Body to Heal

Meditation\*  
T'ai Chi\*  
Yoga  
Acupressure\*  
Massage  
Physical Modalities\*  
Nutrition, Vitamins, Supplements  
Acupuncture\*  
Autologous Blood Injections\*  
Platelet Rich Plasma Injections\*

\*Available in Our Office or within NYU