

**Ian A Novotny PT, DPT**

Ian A Novotny, PT, DPT received his Bachelor of Arts in Biology from Whittier College in Whittier, California and his Doctorate in Physical Therapy from Drexel University in Philadelphia, Pennsylvania. His research on health policy and cost for the treatment of low back dysfunction has been presented nationally and received recognition as the most outstanding platform presentation for the Health Policy Section at the American Physical Therapy Association's annual conference in 2004.

He has participated in National Institutes of Health research grant projects for Shoulder Dysfunction in Patients with Spinal Cord Injuries Who Use a Manual Wheelchair at Magee Rehabilitation Hospital and Rancho Los Amigos National Rehabilitation Center. Ian has taught advanced practitioner certification courses in physical agents and modalities. He has practiced in numerous settings including outpatient orthopedics, in-patient spinal cord injury, acute care, pathokinesiology research, and is the current co-owner of BACK 2 HEALTH PHYSICAL THERAPY.

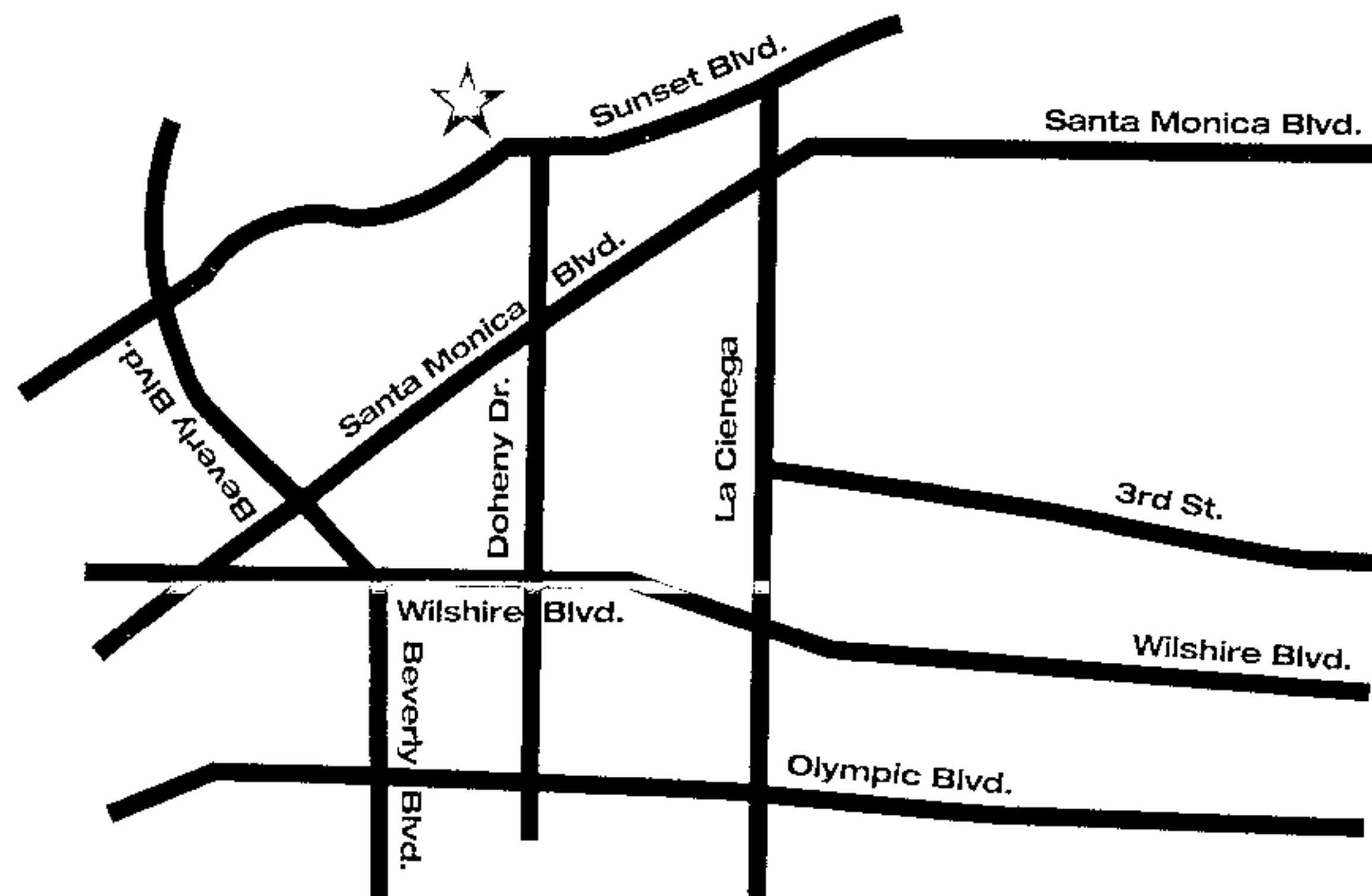
**Vladislav Shut PT, DPT, MS, ATC, CSCS**

Vladislav Shut, PT, DPT, MS, ATC, CSCS received his Bachelor of Science in Athletic Training/ Sports Medicine from Westchester University in Westchester, Pennsylvania, his Master of Science in Athletic Training/Sports Medicine from California University of Pennsylvania in Pittsburgh, Pennsylvania and his Doctorate in Physical Therapy from Drexel University in Philadelphia, Pennsylvania. He was the director of Strength Training Incorporated (STI), an outpatient orthopedic physical therapy clinic in Scottsdale, AZ.

Vladislav has worked with professional athletes for the Arizona Rattlers (Arena Football), Arizona Diamondbacks, and Arizona Cardinals as well as the elderly in home health, military personnel in the United States Coast Guard, and children with orthopedic and neurological conditions. Through his clinical residencies, didactic studies, and experience in orthopedics, sports medicine, strength and conditioning, neurology, acute care, and manual therapy he has developed his style of eclectic physical therapy. He is the current co-owner of BACK 2 HEALTH PHYSICAL THERAPY.



Physical Therapy & Aquatic Rehabilitation



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[www.Back2HealthPT.com](http://www.Back2HealthPT.com)

**Back 2 Health**

Physical Therapy & Aquatic Rehabilitation



"THE KNOWLEDGE AND TOOLS TO GET YOU BACK TO WORK, BACK TO PLAY, AND BACK TO HEALTH."



SLAVA SHUT  
PT., DPT, MS, ATC, CSCS

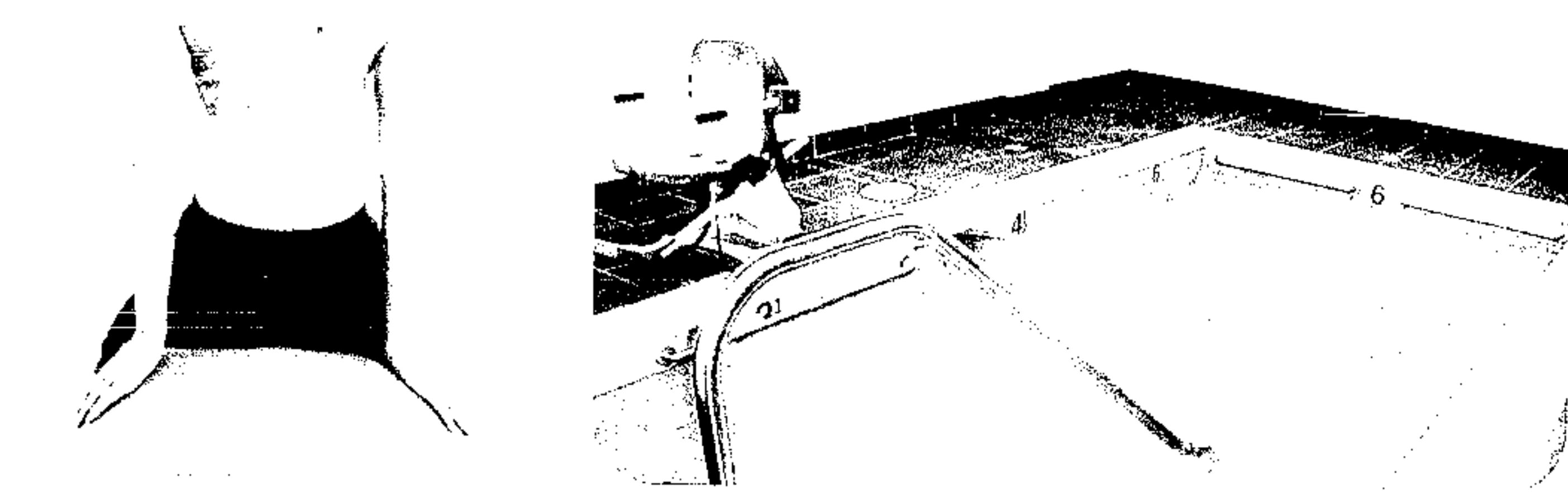
IAN A. NOVOTNY  
PT, DPT

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# THE CHALLENGE

YOU NEED EXPERT REHABILITATION SERVICES FOR YOURSELF OR YOUR PATIENTS?

# THE SOLUTION . . .



Back 2 Health Physical Therapy & Aquatic Rehabilitation provides the latest techniques in rehabilitation utilizing Doctorate level training, cutting edge technology, a brand new state-of-the-art facility, and a function based approach. Your therapy will be provided by experts in rehabilitation: Doctors of Physical Therapy and their skilled support staff of certified Athletic Trainers, Pilates instructors, and Massage Therapists.

Back 2 Health Physical Therapy & Aquatic Rehabilitation bridges the gap between medical management and functional outcomes. Skilled rehabilitation services throughout a surgical course, during preventative, preparative, post surgical, restorative, and maintenance phases ensures optimal outcomes.



## AQUATIC THERAPY



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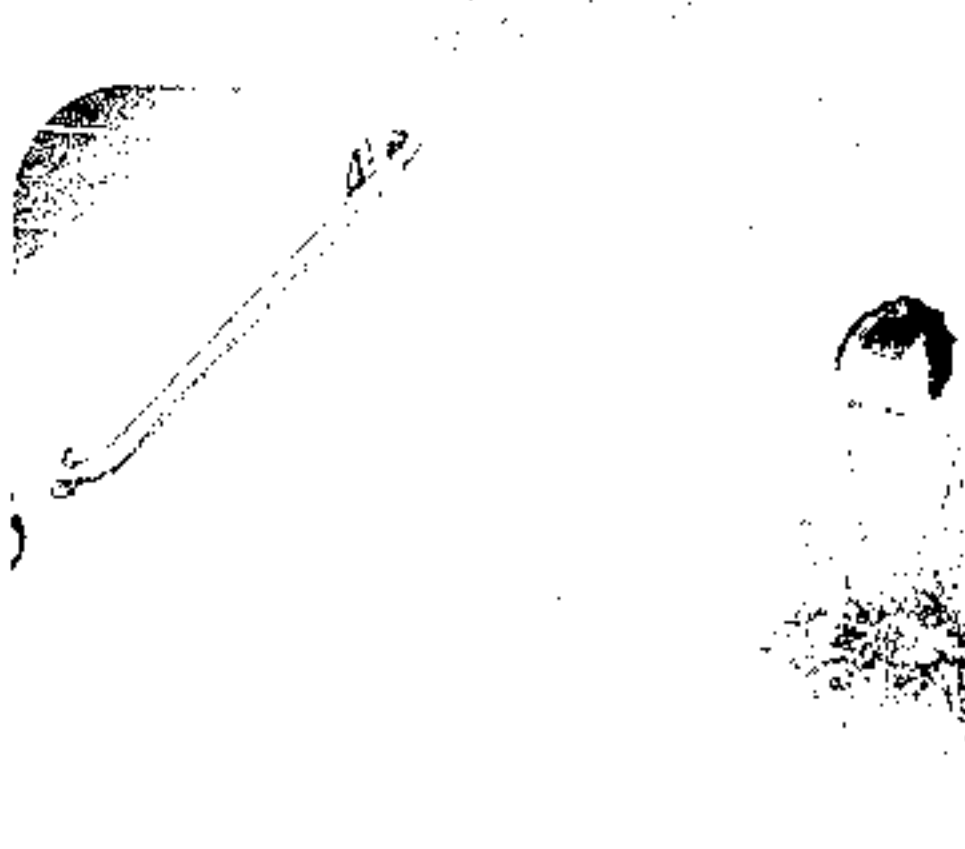
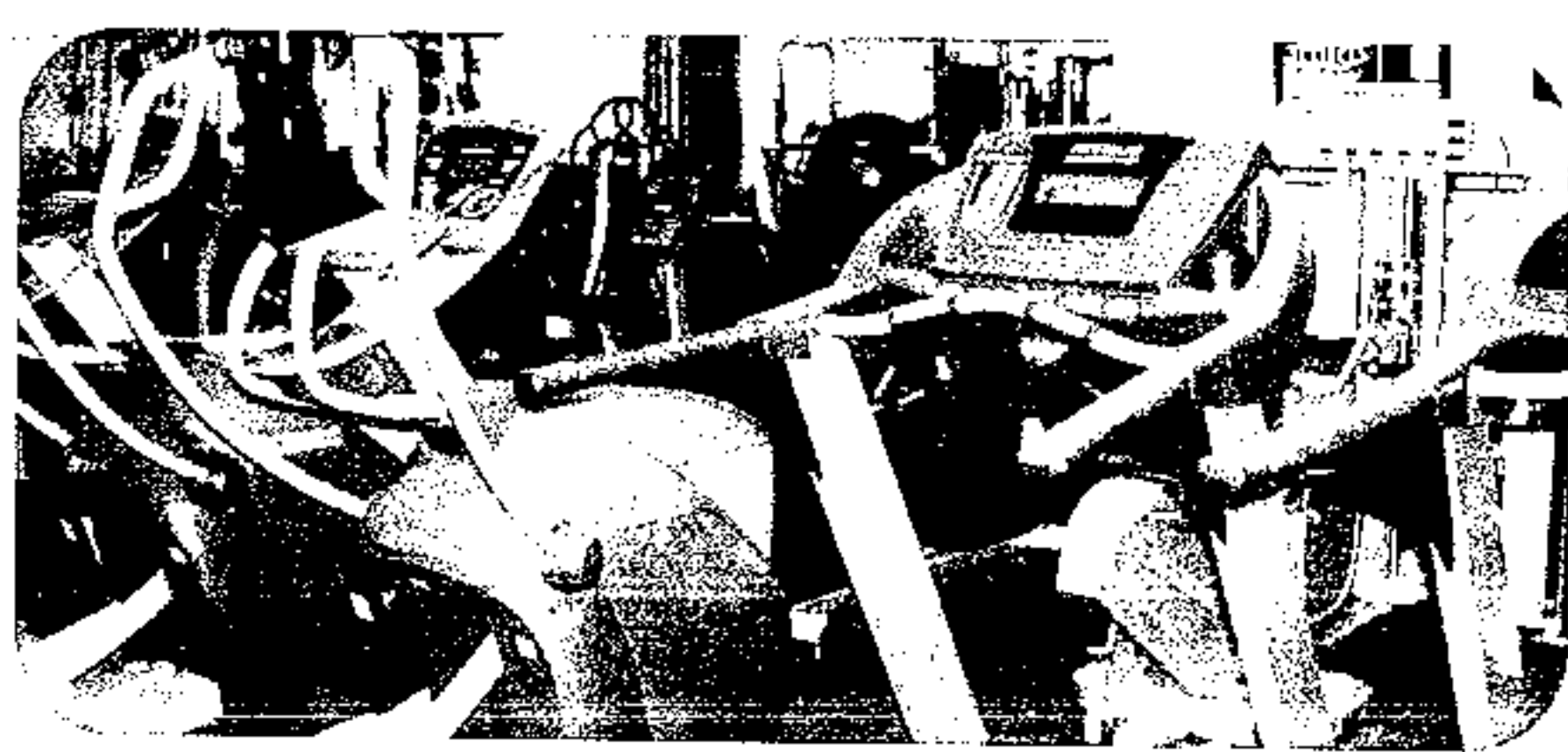
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## Back 2 Health Physical Therapy & Aquatic Rehabilitation

bridges the gap between medical management and functional outcomes. Skilled rehabilitation services throughout a surgical course, during preventative, preparative, post surgical, restorative, and maintenance phases ensures optimal outcomes.

Regardless of the injury or treatment you or your patients require, we will tailor a program to fit individual needs in order to get you or your patients back to work, back to play, and back to health.



## SERVICES

- LAND THERAPY
- AQUATIC REHABILITATION
- SPORTS THERAPY
- DRY-HYDROTHERAPY MASSAGE BED
- PERSONAL TRAINING
- MASSAGE THERAPY & PILATES

## ADVANTAGES

### BUOYANCY

As the body is immersed in water, the property of buoyancy reduces the weight that is placed on the joints of the body.

### HYDROSTATIC PRESSURE

The pressure of water creates compression which reduces and prevents swelling that may occur with injury.

### RESISTANCE

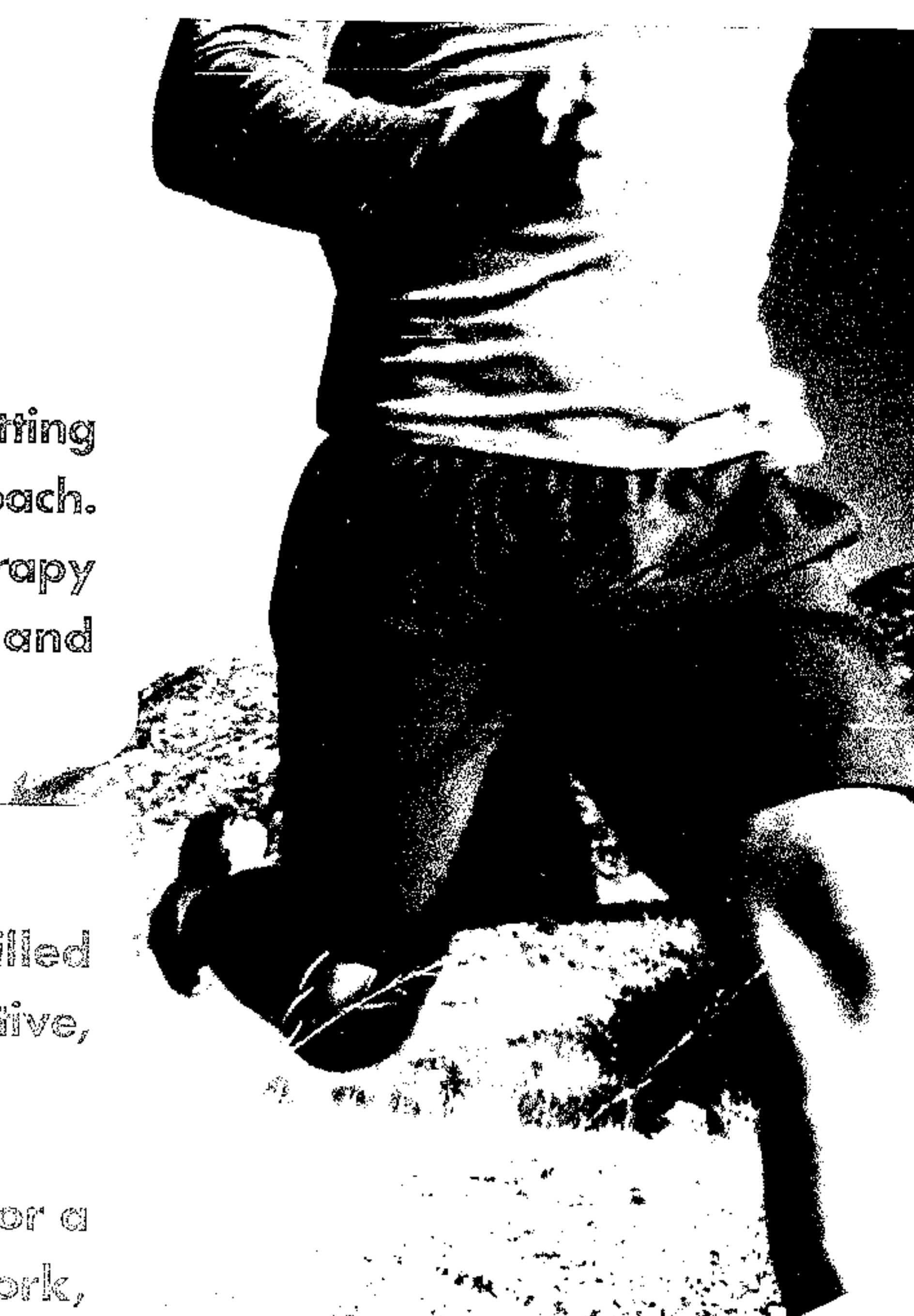
The property of water displacement as the limbs are moved through the water creates smooth, non-impact resistance.

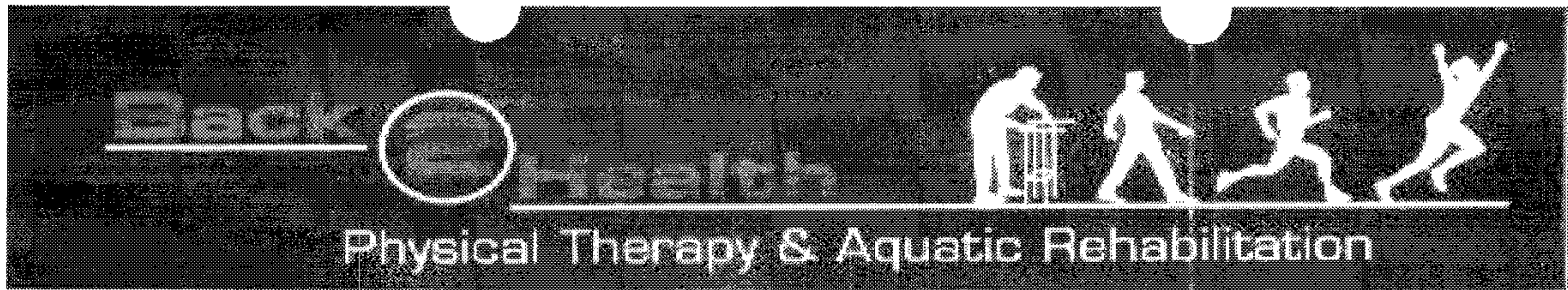
### TEMPERATURE

Elevation in tissue temperature enhances the extensibility and flexibility of muscles, ligaments, and tendons.

### DESIGN

An underwater treadmill, a deep water well, underwater stairs, plyometric boxes, and resistance jets create unique stations that facilitate healing, recovery, and strengthening in a functional fashion.





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**PATIENT INFORMATION FORM**

**TODAY'S DATE:** \_\_\_\_\_

PATIENT NAME: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_  
(FIRST, MIDDLE, LAST)

I PREFER TO BE CALLED: \_\_\_\_\_ EMAIL: \_\_\_\_\_

SOCIAL SECURITY #: \_\_\_\_\_ SEX: M or F    MARITAL STATUS: S M W

MAILING ADDRESS: \_\_\_\_\_  
Street City Zip

HOME PHONE: ( ) \_\_\_\_\_ WORK PHONE: ( ) \_\_\_\_\_

CELL PHONE: ( ) \_\_\_\_\_

PATIENT'S EMPLOYER: \_\_\_\_\_

EMPLOYER ADDRESS: \_\_\_\_\_

OCCUPATION: \_\_\_\_\_

SPOUSE'S NAME: \_\_\_\_\_ WORK PHONE: ( ) \_\_\_\_\_

SPOUSE'S EMPLOYER: \_\_\_\_\_

EMERGENCY CONTACT & NUMBER: \_\_\_\_\_  
(Other than someone living with you)

HOW DID YOU HEAR ABOUT US? Physician (Physician's Name: \_\_\_\_\_) Friend Phone Book Website Other \_\_\_\_\_

