



Adirondack Physical Therapy and Fitness

Owner/Therapist - Natalie Barber PT, Cert. MDT

PHONE: 685-4220 • www.AdirondackPT.com

At Adirondack Physical Therapy and Fitness we have the professional knowledge and clinical expertise to ensure that patients receive the best care in the area. We continue to learn new techniques and advancements, enabling us to provide the best therapy possible.

SM: What was your work experience prior to opening the practice? Did you feel prepared for entrepreneurialism?

NB: I have been practicing physical therapy for twenty years, and nineteen of those have been in the outpatient orthopedic setting. I started and supervised a physical therapy clinic for eight years prior to starting my own practice. I have also worked in a hospital setting and have provided home care services to patients in the area, which I continue to do at this time.

My husband and I own and operate three other local businesses. Over the years, this has enabled me to develop the knowledge necessary to start my own clinic.

SM: What therapy services do you offer? What is your prime area of focus?

NB: At Adirondack Physical Therapy and Fitness, we focus on the evaluation and treatment of musculoskeletal and spinal disorders for all ages. We specialize in the McKenzie Method for back and neck pain and manual therapy techniques.

SM: Do you work in conjunction with any area physicians? How do your referrals work?

NB: Yes, I work with several physicians from the north country down to Warrensburg and the Glens Falls area, as well as Saratoga and the Capital Region. I keep in contact with the physicians on a regular basis to ensure the needs of the physicians and patients are met and the goals of therapy are all consistent, especially when dealing with post surgical diagnoses.

Patients must have a prescription from a

physician in order to be covered by insurance. Patients can be seen for evaluation and treatment without a prescription if they are self-pay, for up to thirty days.

SM: How do you ensure that you are up-to-date on all the latest technologies and practices?

NB: Our physical therapists average over sixteen years of hands-on experience and are each offered continuing education benefits, so you know you are in the most capable hands, utilizing the most recent advancements in rehabilitation.

SM: What separates your physical therapy practice from other clinics?

NB: Patients are guaranteed to be seen by a physical therapist at each treatment session. This enables continuous reassessment and modification of treatment, as needed, to achieve goals of patient

It's also the quality of therapy we provide and the way we care for our patients that makes the difference in recovery. When you are in pain, you want to make sure you are working with a physical therapist who cares about you, understands your injury, and has the professional knowledge and experience to make your rehabilitation process as successful as possible.

The goal of our three highly trained physical therapists is to facilitate healing and to restore efficient movement and comfort as quickly as possible. This is accomplished through leading edge equipment, proven hands-on techniques, one-on-one therapy, personalized orthopedic and sports rehabilitation programs, clinical expertise, and genuine care for patients' well being.

All of these things, plus the ease of accessibility, free parking, and the availability of an appointment within twenty-four hours are what make Adirondack Physical Therapy and Fitness stand out as a leading facility in orthopedic and sports rehabilitation.

Success Magazine: Natalie, when did you first become interested in physical therapy? What sparked your interest?

Natalie Barber: I have always been very athletic and into sports and fitness, and the human body has always intrigued me.

SM: What is most rewarding about your profession?

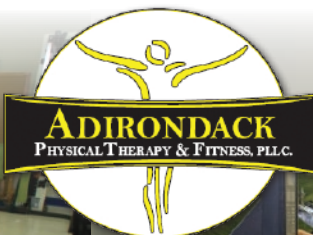
NB: It is very gratifying for me to see our patients' quality of life improve. I am passionate about what I do. As physical therapists, we truly can make a difference in one's life. I had orthopedic surgery, consisting of a hip resurfacing procedure, so I can personally relate to the recovery and rehabilitation that my patients go through.

SM: What motivates you on a daily basis?

NB: Being able to go home to my husband and our two young children knowing that I made a difference in someone's life.

SM: Why was it important for you to branch out on your own and start Adirondack Physical Therapy?

NB: At the time I was considering opening a physical therapy clinic, patients from the surrounding Warrensburg region had to drive to Glens Falls for physical therapy services. There was a need for physical therapy in the area. I had developed a good reputation with physicians and surgeons, as well as patients in the area. Former patients were asking me to start my own clinic. It was important for me to provide quality care without patients having to drive a long distance to receive it.



“ My quality of life has increased 100%. My neck pain has decreased 80%. I recommend Adirondack PT to anyone who is suffering. ”

- Letea Payne