## Meet Your Therapist

**Heather Swain, PT, DPT, CIDN, CPT**

I am originally from Cleveland Ohio. I became certified as a personal trainer through the American College of Sports Medicine in 2012 while I attended Eastern Michigan University to obtain a B.S. in Exercise Science (2013). I then attended the University of Toledo, completing my Doctorate in Physical Therapy in 2016.

If curiosity is a disease, then I definitely have it. I love a challenge, so I set about taking continuing education courses to hone my clinical skills for treating complex patients in a variety of specialty areas. I am committed to being a lifelong learner and look forward to unravelling the complexities of the human body to understand it even more in the future.

I have personal experience living with chronic pain myself and enjoy the opportunity to give hope to others to live full lives despite the challenges they face from having chronic health issues.

**Questions?**
**www.allytotalpt.com**
**Phone: 419-969-3608**

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## You are invited to a

### PORCUPINE PARTY

### Great Friends Stick Together!

*Presented by:*
Ally Total Physical Therapy

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Date _____

Time _____

Host _____

Place _____

_____

_____

**Don't be a stick in the mud...**
**Come to my party!**

Please R.S.V.P. to

_____

by:_____

# WHAT'S A PORCUPINE PARTY?

It's a time to poke fun at life with friends and to stab a few snacks & treats.
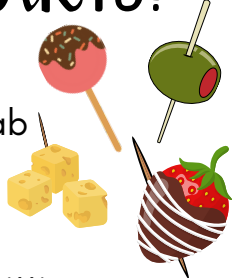
And a time for...needles? We aren't talking about knitting.

# WHAT'S THE POINT?

Dry needling is a thin needle inserted to help redirect inflammation and blood flow to promote healing and decrease nerve sensitivity. For more information and research on how needling helps take away some of our pains without medication, scan the QR code to read some answers to FAQs.

## MAY BEE YOU WOULD LIKE TO TRY A DRY NEEDLE TREATMENT

I have invited a specialty trained physical therapist to answer your questions. You are under no obligation to seek treatment.

If you desire treatment the therapist will be available to perform a brief evaluation and if appropriate, a dry needling treatment at an introductory fee. Treatments range from $40-60.

# A NOTE FROM YOUR PARTY HOST
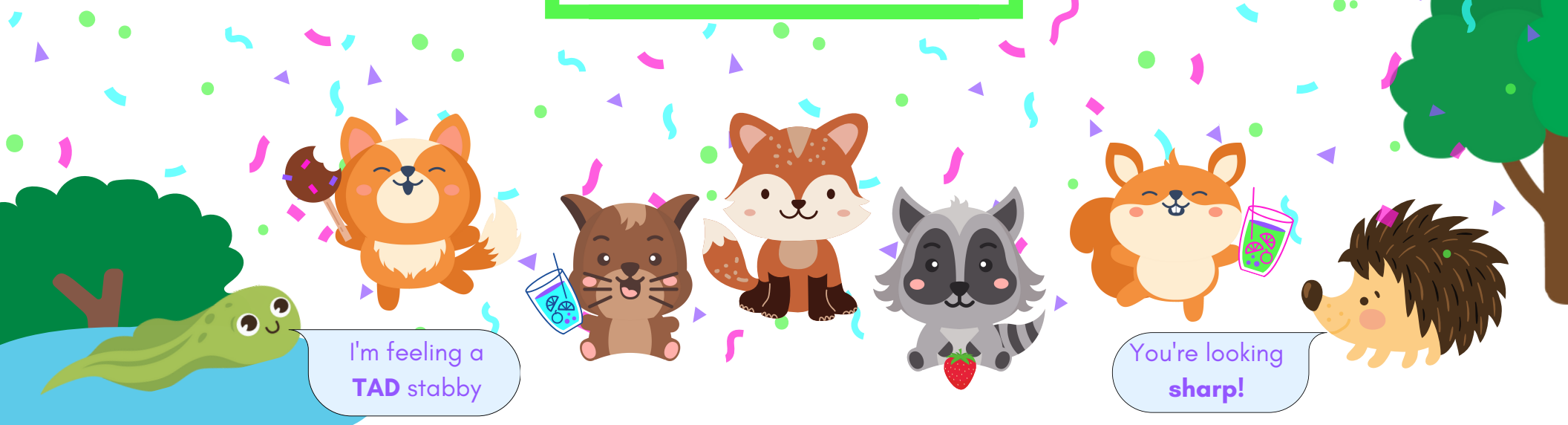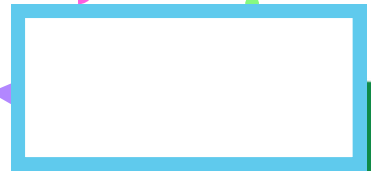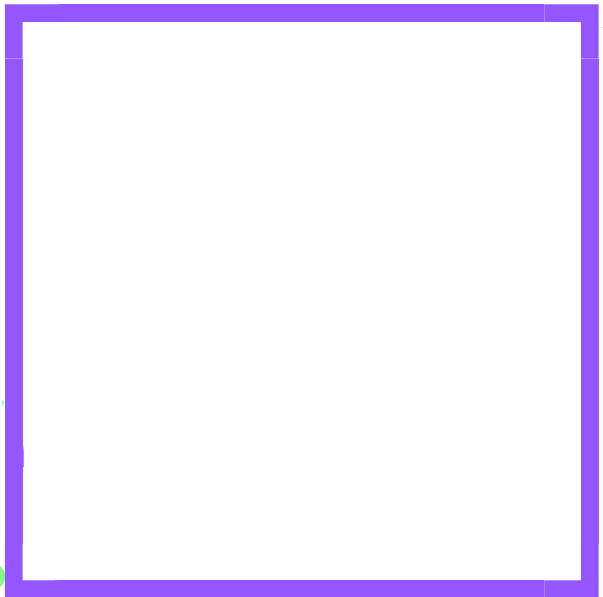
I'm feeling a **TAD** stabby

You're looking **sharp!**