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## Services Offered

Aquatic Therapy  
Athletic Training  
Gait Analysis/Bike Fittings  
Ergonomic Consultations  
Pedorthics  
Event Coverage  
Summer Camp Coverage  
Outreach Programs  
Women's Health  
Gym Memberships  
Transitional Training Programs  
Senior Exercise Classes  
Xplode—Sports Conditioning



**MOUNTAIN**

**CENTER**

**PHYSICAL**

**THERAPY**

**& SPORTS**

**REHAB**



37 Main St., Conway, NH 03818  
(603) 447-2533

Monday – Thursday: 7 – 7 (Fridays 7 – 5)

658 Main St., Fryeburg, ME 04037  
Monday – Thursday: 7 – 7 (Fridays 7 – 5)

15 U.S. 302, Glen, NH 03838  
Monday – Thursday: 7 – 7 (Fridays 7 – 5)



“I only wish I could still be receiving therapy at Mountain Center—keep it going!”



Three locations:  
Conway (top),  
Fryeburg (middle),  
and Glen, (bottom)



We'll help you get better and stay healthy!

## What you can expect!

- 🏋️ Personalized Care
- 🏋️ Individualized Treatment Plans
- 🏋️ One-on-one Attention from our Staff
- 🏋️ Reduce or Eliminate Pain
- 🏋️ Delay or even Avoid Surgery
- 🏋️ Aid in recovery from orthopedic surgery
- 🏋️ Improve coordination, posture, and gait
- 🏋️ Prevent Re-Injury
- 🏋️ Improve Mobility, Stability, and Motion
- 🏋️ Better Quality of Life—more energy!

## What your PT expects

At MCPT we ask each of our patients to strive for overall wellness. Although pain can often bring a patient to us, our hope is that patients join us in the common goal of not just reducing their pain, but also striving to improve their overall quality of life. We ask that each patient make a commitment to prioritizing themselves in their daily rituals. While the therapist is here to educate you and guide you to your goals, your success can only come from your daily diligence in performing your home program, staying aware of your movement and postural habits as you move through your day, and making healthy choices like eating well, drinking water, reducing stress, and avoiding unhealthy vices. It is very important that patients trust their therapist so that we can know what is most important to the patient, and what challenges they may be dealing with while in our care. Most importantly, we ask that our patients take an “active” approach to their life, as too often we see patients passively allowing their life to deteriorate their health or reduce their outcomes.