

WHAT MAKES US DIFFERENT?

More than 3X the amount of undivided treatment time from a physical therapist compared to the industry standard



Traditional PT Session

- group based therapy
- 15 minutes with PT
- assisted by aides



ActivCore PT Session

- focused care, just on you
- 55 minutes with PT
- highly skilled, no aides

ActivCore providers are equipped with the revolutionary Redcord sling suspension exercise system



Targets muscle imbalances that contribute to the source of pain

Works for all ages and ability levels



Get started today with a **FREE 20-Minute Consultation!**

ActivCore at Total Care PT

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– Located inside Total Care Physical Therapy –

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ActivCore.com

Your Health is Worth It!

1-on-1
Physical Therapy

Sports
Rehabilitation

Continuum
Health Care
nutrition, fitness, data analysis

ACTIVCORE

*Our proven formula helps you
reclaim and maintain your
active, pain-free lifestyle!*



More 1-on-1 Time

We guarantee 55 minutes of undivided attention and expertise from a licensed physical therapist at every treatment session.



Specialized Equipment

Redcord suspension exercises challenge your neuromuscular system to regain strength faster than conventional training methods.



Rapid Results

Achieve your goals in less visits through our focused 1-on-1 model and distinctive neuromuscular approach to physical therapy.