

WILSON CENTER

PHYSICAL MEDICINE & PERFORMANCE TRAINING

AT THE CENTER | TREATMENT / TECHNIQUES | SUCCESS STORIES | MIRINTUS HEALTH STORE

"The typical chiropractor talks about 'maintenance.' I talk about 'management' with my patients."

– Dr. Pamela Wilson

AT THE CENTER > PHYSICAL MEDICINE

Physical medicine is provided by the Wilson Center's director, Dr. Pamela Wilson, DC.

Dr. Wilson is a chiropractor with post-graduate training in functional neurology, rehabilitation, and the techniques of physical medicine, also called "manual medicine." Physical medicine combines specific spinal and muscle manipulation techniques, therapeutic massage, and special exercises to relieve pain and restore proper nervous system function, resulting in proper muscle function.

A Recognized Treatment. As taught at The Charles University Hospital in Prague, Czech Republic, physical medicine is increasingly recognized by the North American medical establishment as an effective non-surgical approach to physical rehabilitation, including the treatment of sports injuries, joint degeneration, back pain, and tight or injured muscles. The Wilson Center is distinguished by its application of this approach. "I don't think that you can ever be successful at maintaining a physical status quo," says Dr. Wilson, "because once an injury occurs, the damaged tissue doesn't return to normal. Physical medicine helps enable the patient to manage an injury and achieve a maximum fitness and activity level."

Active Patient Involvement. Treatment is most effective and lasting when the patient is actively involved outside of office visits. "Things change as you go through life: you're active, you're not, you're stressed, you get sick. My goal," says Dr. Wilson, "is to help my patients develop management strategies so that they can consistently achieve a healthy lifestyle through the ebbs and flows of their lives." Research shows that active participation in your own therapy is the best way for you to become functional again.

Dr. Wilson can help you manage your injuries, whether from sports or everyday life, resume your target activity level and achieve your fitness goals.

For more information or to schedule a consultation, call the Wilson Center now at 732-842-7004. To read more about Dr. Wilson, [click here](#).

DR. PAMELA E. WILSON
CHIROPRACTIC PHYSICIAN
ACR LEVEL 3 BOARD CERTIFIED
IN REHABILITATION

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