



Synergy Physical Therapy Group, LLC

## Jodi Bower MSPT

Jodi Bower, MSPT graduated from Grand Valley State University in 2000 with her Master's in Physical Therapy (MSPT) after completing her Bachelors in Health Science with Health Care Administration emphasis in 1997 from GVSU. While working at Johnson Controls Medical Facility as Clinic Director, she attended several continuing education courses from the University of St. Augustine's Manual Therapy program. She completed these courses in October 2006 and began carrying these advanced orthopedic manual therapeutic skills over to multiple rehabilitation sites as a Coverage Physical Therapist. Various sites and patients benefitted including outpatient clients, skilled nursing facility clients, hospital/acute care and home bound clients. Recognizing that patient's physical dysfunction is benefited from continuous monitoring and manual techniques, she chose to no longer cover multiple locations, but to use her skills within a Chronic Pain Rehab setting and homecare as needed.

Jodi joined the Synergy PT group in April 2010 to utilize those advanced manual therapeutic skills in a multi-discipline group setting. As a life-long sports participant and health & nutrition advocate, she welcomes open communication and patient dialogue to restore optimal function for the whole body. This may be achieved through improved musculoskeletal conditioning or neuromuscular function by changing posture or simple body mechanics changes. It may be to educate to assist with household daily activities. It may be to give strength & conditioning exercises to assist with gardening or yard work. It may improve driving tolerance or even improve optimal sporting activity levels and function whether that is to improve reading posture, or body mechanics education for cleaning, or returning to low impact sporting levels such as walking or swimming.

Patients of Michigan Pain Consultants & Synergy Physical Therapy Group can expect skilled and knowledgeable therapists that understand the differences between an acute pain and a chronic pain condition and how to manage those differences.

Our goal at Synergy Physical Therapy is to help relieve the patients' pain and discomfort, decrease impairment and dysfunction, improve or maintain function, prevent or minimize disability, and educate our patients to be effective in self management.

# LOCATIONS

### Synergy PT at MPC Big Rapids

15044 220th Ave  
Big Rapids, MI 49307

### Synergy PT at MPC Heritage Pointe

2060 East Paris Ave  
SE #200,  
Grand Rapids, MI  
49546.

### Synergy PT at MPC Holland

844 Washington Ave  
#100  
Holland, MI 49423

### Synergy PT at MPC Lakeshore

1675 East Mount  
Garfield Road #135,  
Muskegon, MI 49444

### Synergy PT at MPC South

2147 Health Drive SW  
Wyoming, MI 49519

**Contact Information:** [synergyppt@procaresystems.com](mailto:synergyppt@procaresystems.com) [www.SynergyPTGroup.com](http://www.SynergyPTGroup.com) 800.281.3237