



Listening Hands
PHYSICAL THERAPY



BOOK A SESSION NOW!
973 910 8651

**Book 1 on 1
60 minute
sessions with
Isha**

Live at your physical best. Take advantage of a complimentary 30 minute physical therapy consultation with hands on treatment, discussing your injury and/or goals



ISHA CHAWLA
MSPT, CFMT

- Masters in Physical Therapy (from India)
- Certified in Functional Manual Therapy (from Institute of Physical Arts)
- SSOL Schroth Certified PI Therapist
- Level 4 Certified in Proprioceptive Neuromuscular Facilitation
- Mulligan Manual Therapy (from Capri Institute of Manual Therapy, New Delhi, India)
- Substantial experience in Women's Health Physical Therapy
- Substantial Experience in managing patient with Neurological pathology

Why Us?

Listening Hands Physical Therapy was founded on the premise that all human beings have untapped existing potential. With that premise in mind, the treatment is dedicated to assist the patient to attain the highest level of function possible regardless of their symptoms or diagnosis.

Specialty Areas: Pain Management, Sports Injuries, Women's Health, Pre and Post Surgical Rehab

What Is FMT?

Functional Manual Therapy® is an approach specializing in whole body care that seamlessly integrates evaluation and treatment for mobility issues of joints, soft tissues, viscera, and neurovascular structures. This Mechanical treatment is complemented with specific motor control techniques to enable each person to perform skillful and efficient movement and/or assume optimal Posture. FMT is the cornerstone of the Listening Hands approach as it gives a better outcome for most patients.

Techniques We Use

Functional Manual Therapy
Myofascial release
Joint Mobilization
IASTM
Cupping

Kinesiotaping
Orthotics
Manual Therapy
Telehealth
Visceral Mobilization