



Our Mission

At AOHPT is to facilitate authentic healing in safe, comfortable and non-judgmental atmosphere where each client is a unique being that is more than the sum of their diagnoses. We utilize JFB Myofascial Release philosophy as a cornerstone of our approach and treat the cause not the symptoms. Our goal is to enable and empower our clients to realize their inner potential towards health and wellness.

At AOHPT...

"We believe that combining JFB Myofascial Release with Muscle Energy Techniques, Subtle Energy Techniques, Craniosacral Therapy Approach and Pilates warrants the best potential for patient recovery"

- KRZYSZTOF CIERNIAK, PT
Advanced Myofascial Release Therapist
- URSZULA CIERNIAK, MPE

Physical Therapy and JFB Myofascial Release Treatment Center

(We are conveniently located right off Venice Ave between Capri Isles Blvd and Auburn Rd.
At the Galleria Plaza)



OFFICE VISITS BY APPOINTMENT ONLY

1500 E. Venice Ave. Suite 304

Venice, FL 34292

Tel: 941.412.1247

Fax: 941.870.8509

E-mail: artofhealingpt@gmail.com

FITNESS STUDIO

Call: Urszula at 941.416.3939

E-mail: artofhealingpt@gmail.com



Transforming Lives One Pain at a Time

AOHPT is a Physical Therapy Practice and the treatment sessions are billable to insurance.

MEDICARE APPROVED PROVIDER

www.artofhealingpt.com

Shoulder Pain



Neck Pain



Sciatica



VISIT OUR WEBSITE AT WWW.ARTOFHEALINGPT.COM

Did you give up on traditional Physical Therapy?
Tried everything else to get rid of pain and regain function?
Had Limited or No Results?

Schedule your visit at our clinic and receive the treatment of Your Lifetime. We specialize in John F. Barnes Myofascial Release.

Myofascial Release is neither a form of massage nor a form of osteopathic adjustment. It is the 21st Century Body Work Approach which may have profound effects on your overall health.

No sedation! No pain! Gentle!
Lasting results!

Visit our website to learn more about exercise classes for Children and Adults.

THE JOHN F. BARNES' MYOFASCIAL RELEASE APPROACH®

A highly effective Manual Therapy Technique consists of gentle application of sustained pressure into the fascial restrictions. The therapist allows 3-5 min for the viscoelastic medium (fascia) to elongate in order alleviate pain, restore range of motion as well as positively affect physiological body alignment.

WHAT IS FASCIA?

Fascia is a tough connective tissue which spreads throughout the entire body in a three dimensional web from head to foot without interruption. Trauma, posture and inflammation can create a binding down of fascia resulting in excessive pressure (approximately 2000 pounds per square inch) on nerves, muscles, blood vessels, osseous structures and/or organs. Since many of the standard tests such as x-rays, myelograms, CAT scans, electromyography, etc. do not show the fascial restrictions, it is thought that an extremely high percentage of people suffering with pain and/or lack of motion may be having fascial problems but most go undiagnosed.

DIAGNOSES WE SUCCESSFULLY TREAT:

- Back pain/Neck pain/Vertigo
- Headaches/Jaw Pain(TMJ)
- Sciatica/Children
- Chronic pain/Hypertrophic and painful scars
- Carpal tunnel/Fibromyalgia
- Spasm/Spasticity/Geriatrics
- Scoliosis/Head Trauma
- Myofascial Pain Syndrome/Sports Injuries
- CVA/Stroke/Neurological Dysfunction
- Post-surgical patient/"Hardware pain"
- Restriction of motion/Pelvic problems
- Disc problems/Whiplash

WHY GET TREATED AT AOHPT?

1. One on One Patient Care
2. 100% of Treatment performed by a Physical Therapist
3. You always see the same Therapist
4. 100% Hands on Treatment
5. Our success rate is quite impressive with patients who have failed to get better with traditional medicine, therapy or surgery.