

No matter where you are on your athletic journey, Therapy Solutions has the team to help you physically and mentally on and off the court, in recovery or training, and all areas in between.

*Call Therapy Solutions today to begin encompassing your best and unlocking your full athletic potential.*

### Physical Therapy

### Athletic Training

### Mental Health Therapy

#### Physical Therapy

- Rehab from inseason, training, and persisting injuries.
- Restore stability and strength to return to sport after surgery.
- Identify areas of improvement to prevent injuries.

#### Athletic Training

- Help prepare for season using the FMS program.
- Aid in physical recovery.
- Determine ways to prevent injuries.

#### Mental Health Therapy

- Deepen self-awareness and increase confidence in self, body, and play.
- Learn and apply coping skills for anxiety, fear, and stress.
- Work through mental blocks or "yips."

### How to become our patient

Depending on your insurance policy you may qualify for direct access to services or you may need a referral from your doctor. If a referral is needed, ask your doctor to refer you to Therapy Solutions. Once your doctor has made the referral contact us at 701.483.1000 to make an appointment.

### Insurance

Therapy Solutions is in-network with most major health insurance plans including Medicare.

### Self-Pay

If you want to bypass insurance or use your health savings account, we offer self-pay options. Call us for a quote today at 701-483-1000.

**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*



[therapy-solutions.net](http://therapy-solutions.net)

[facebook.com/therapy.solutions.nd](https://facebook.com/therapy.solutions.nd)

**701.483.1000**

1679 6th Ave West, Dickinson, ND 58601

*Also serving Killdeer and Richardton*

**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*

**UNLOCK YOUR ATHLETIC POTENTIAL**

Recovery

Improving Performance

Mental Clarity

## OUR SERVICES

**Therapy Solutions** offers a wide variety of rehabilitative services to assist you in restoring function, mobility, reducing pain, preventing injury and regaining a sense of well-being.

**Therapy Solutions**  
*TAKE YOUR LIFE BACK.*



### Prepare and Train

Improve strength, speed, and mobility through FMS program.

Prevent and rehabilitate body and mind from injury.

Reflect and prepare for mental stress related to their sport.

Work through any past and present mental blocks and sensitivities to injury.

Deepen self-awareness, gain confidence, enhance play, and teach their bodies to feel safe and supported.

### In-Season

Maintain and improve physical performance.

Diagnose and treat physical injuries to return to play

Identify and attend to triggers for anxiety, stress, and low confidence affecting play.

Apply tools learned in pre-season to overcome "yips" or slumps.

### Recovery

Rehab injuries from the season.

After an injury or surgery, improve pain, strength, range of motion, and coordination.

Attend to mental toll of physical recovery and lingering in-season triggers.

Help support bodies and minds as they begin functioning safely and confidently.