

Tired of Physical Therapy that Leaves You DISAPPOINTED?

WE GOT YOUR BACK!

We are committed to helping you get and stay healthy, avoiding costly surgeries, and achieving a more fit lifestyle. Many injuries can be treated with physical therapy, and quality of life can be drastically improved without surgeries or addictive pain relievers. Let us help you get back on your feet and back into an active life!

We work with patient of all ages and all types of diagnoses ranging anywhere from post- surgery such as joint replacements and ligament/tendon repairs, sports injuries, stroke impairments, balance, and vertigo, back and neck pain, plantar fasciitis, arthritis, falls, and congenital disabilities to name a few.



ABOUT OUR TEAM

The Morton County Physical Therapy team is headed by Breck Burkhart, DPT, who has been working in the home health side of physical therapy for over six years. He also has extensive clinical experience, as well as experience at a Level One Trauma Center (OU Medical Center).

Cynthia Mendoza loves PT because she loves meeting new people and helping them feel better to accomplish everyday activities. She graduated in 2021 from Amarillo college.

Kelsey Loftis passionately serves her home and surrounding communities through Physical Therapy and is grateful to do so in connection with Morton County Health Systems. She is also an Amarillo College alumnus, Class of 2019.



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WHAT IS PHYSICAL THERAPY?

Physical therapy incorporates strengthening, range of motion, coordination, balance, functional activities, taping techniques, soft tissue, and joint mobilization, as well as modalities to name a few. Physical therapy also helps with wounds to enhance the healing process.

Physical therapy (PT) is care that aims to ease pain and help you function, move, and live better.

- Relieve pain
- Improve movement or ability
- Prevent or recover from a sports injury
- Prevent disability or surgery
- Rehab after a stroke, accident, injury, or surgery
- Work on balance to prevent a slip or fall
- Manage a chronic illness like diabetes, heart disease, or arthritis
- Recover after you give birth
- Control your bowels or bladder

OUR VISION

At MCHS, we put the patient first from our amazing staff to our technologies such as the patient portal and Tele-Med services. MCHS is the place that our community can rely on in a time of need. We have such a strong community that supports our great health system. Above all, at MCHS “We care!”



Physical therapy focuses on enhancing the overall physical health, fitness, and quality of life of our patients through individualized treatment programs. We value compassion, dignity, and respect of each patient and work together to establish functional meaningful goals.

OUR SERVICES

Sports

Blood-flow restriction training, comprehensive return to sports testing, strength progression program.

Pain Management

Modalities, ultrasound, Interferential Current (IFC), electrical stimulation, manual therapy, spinal manipulation.

Women’s Health

Urinary incontinence, pelvic pain, sexual dysfunction.

Balance Rehabilitation

Targeting the hips, ankles, core, inner ear balance rehabilitation, dizziness, and benign paroxysmal positional vertigo (BPPV).

