

# Our Facility



"The magic is not in the medicine but in the patient's body – in the vis medicatrix naturae, the recuperative or self-corrective energy of nature." What the treatment does is to stimulate natural functions or to remove what hinders them."

C.S. Lewis, Miracles, 1940



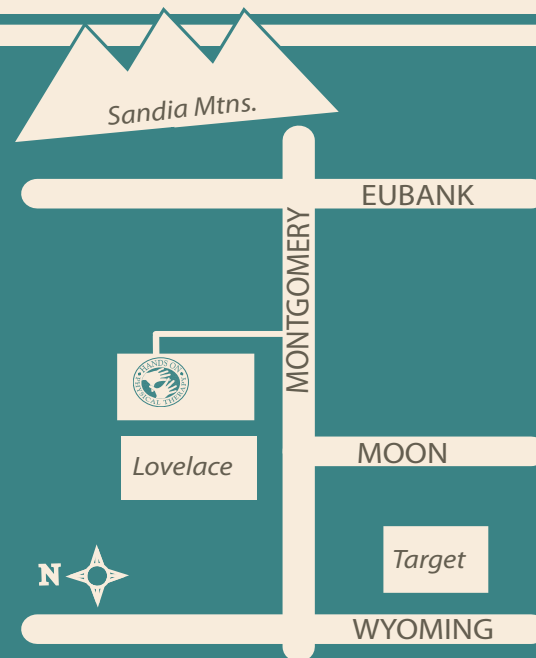
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*"I stagger into the clinic with a Frankenstein gait and in extreme pain. I leave the clinic an hour later walking like a normal pain-free human being. Each visit is a small miracle. I've had over a dozen physical therapists since my auto accident, and it is only at Hands on Physical Therapy that I have finally found the appropriate care for my injured body."*

Debra K.

*"Hands on Physical Therapy is the perfect place for me! The entire staff is friendly, professional, thorough, and uniquely caring. Each staff member has worked diligently to find the best solution to improve my physical mobility and health. I am thrilled with my progress under their guidance and would highly recommend Hands On Physical Therapy."*

Barbara L.



# Hands on Physical Therapy



## Our Mission

At Hands On Physical Therapy, we are committed to providing the highest quality of orthopedic physical therapy to our patients. A biomechanical, whole body approach is used to arrive at the origin of our patients' symptoms. Using gentle, manual therapy techniques we work to restore normal joint function and neuromuscular balance. We believe that it is necessary to address alignment and movement, as well as flexibility and strength in order to achieve the best results. Our clients work with us by their involvement in practical home exercise routines. This approach helps create the proper environment for the body to heal and allows our patients to return to their highest level of function.

## Our Staff

*"Everyone at Hands On Physical Therapy has been very friendly and encouraging. They work as a team, not only to help each other but also to do everything possible for their patients. From the receptionists to the assistants to the therapists themselves, the teamwork is evident, and it makes me feel confident that I am in good hands."*

Stacy K.



**Dan McClanahan, PT.** Dan is originally from Ohio and is a graduate from the University of New Mexico (UNM) Physical Therapy School. He has over 26 years experience practicing in the Southwest. His post-graduate training is extensive and includes the Rocabado approach, the Jones method of strain counterstrain, Greenman's muscle energy techniques and Mulligan's mobilization with movement.

*"Pain is there for a reason, and I enjoy the challenge of finding the main cause of my patient's pain."*



**Linda McClanahan, PT, MS.** Linda came to New Mexico from South Dakota to attend UNM. She graduated from the UNM Physical Therapy School in 1980 and later received a Master's in Exercise Physiology. From 1986 to 1993, she was on the faculty at the UNM Physical Therapy School. Currently she serves as both business manager and clinician at HOPT.

*"What excites me about physical therapy is that it enables most people to make a significant improvement in their quality of life."*



**Laurie Smith Garner, PT.** Laurie is a native to New Mexico and grew up in Pojoaque. She graduated from the UNM Physical Therapy School in 1988 and has worked in rehabilitation, long term care, and orthopedics. She began working with Dan McClanahan, PT in 1999 and has found her "niche" in the manual therapy approach. She has received training in Rocabado craniofacial and cervical techniques, Greenman's osteopathic muscle energy techniques, and the Mulligan's method of mobilization with movement.

*"It is extremely exciting and rewarding to have the knowledge of the body's mechanics in order to treat patients in a way that restores joint function and allows the patients to return to normal activity without symptoms."*



**Vanda, Szekely, MPT.** Vanda is from Transylvania, Hungary and is a graduate from the UNM Physical Therapy Master's Program. Her post-graduate training included a concentration in Greenman's principles of manual medicine. In addition she has taken continuing education in mobilization of the cervical and thoracic spine and ribs and Mulligan's mobilization with movement.

*"One of my passions is patient education. It is so important to encourage our patients to take an active role in managing the cause of their pain."*

