

Free Patient Education Seminar

May 24, 2017 at 6 pm

Spiritual Management, Exercise and Injection Therapy for Spinal Pain

Please join us for a Patient Education Seminar sponsored by Pivot Physical Therapy (formerly Tidewater Physical Therapy) and Medtronic. **Light refreshments provided.**

AGENDA

- Pastor Carter Tan will speak on the spiritual management of pain.
- Jason Bridges, PT, MSPT will discuss exercise for spinal pain. Jason is the Clinical Director for Tidewater Physical Therapy's Glen Allen office in Richmond.
- Dr. Yaoming Gu of National Spine & Pain Centers will discuss injection therapy.
- Question and answer session.

May 24, 2017
 6:00 - 7:30 p.m.

Tidewater Physical Therapy
 10128 W. Broad Street, Forum Building, Suite K
 Glen Allen, VA 23060

RSVP

☎ 804-217-9210



Pastor Carter Tan

Pastor Carter Tan believes in holistic healing; body, mind and soul. He has dedicated more than a decade of his life learning and applying what it means to heal the soul. He graduated

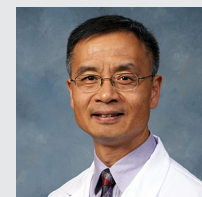
from Southeastern Baptist Theological Seminary with a Master of Divinity in Christian Ministry, and frequently partners with local non-profits organizations to bless the community through healing that comes from the Word of God. www.gcbcr.org



Jason Bridges, PT, MSPT

Jason joined Tidewater Physical Therapy in 2002 and has since focused his practice on a variety of manual therapies, treating shoulder injuries and lower extremity injuries.

He is an Associate Clinical Professor for Virginia Commonwealth University and runs the Biomechanical Gait Analysis lab at the Glen Allen location. "It is crucial to analyze the entire kinetic chain when evaluating a patient's dysfunction and utilize a balanced approach of manual therapy, exercise and neuromuscular retraining to achieve optimal outcomes."



Yaoming Gu, MD

Dr. Gu is board certified in Physical Medicine and Rehabilitation. He was honored with Best Bedside Manner Award in Pain Medicine by Our Health Magazine, and he is an

assistant professor at Virginia Commonwealth University Spine Center. Dr. Gu's diagnostic specialties include spine and sports medicine, musculoskeletal medicine, and interventional pain management.