

Experience the Difference



"Immediate results, backache cured! I can put my socks on now!"

~ Sharon, Portsmouth, NH

"I was able to walk without pain & numbness after one treatment."

~ Linda, Durham, NH

"I experienced my first pain-free day in 11 years! This therapy is unlike any other I've received."

~ Lucie, York, ME

LIGHTHOUSE
Physical Therapy

Call for your appointment
(603) 431-0277

Our Dedicated Staff



LIGHTHOUSE
Physical Therapy

Book your appointment today!

Portsmouth

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P: 603-431-0277

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E: lighthousept@gmail.com

Dover

42M Dover Point Road | Dover, NH 03820

P: 603-740-1300

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E: lighthousept@gmail.com

www.lighthousept.com

We accept most major insurance plans.



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Physical Therapy

Effective Extraordinary Results!

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Who We Are..

Our Physical Therapists bring extensive experience and diverse skills for your healing and recovery. Our team has earned the trust of area doctors as well as patients who have referred their friends and family to us.

We provide compassionate one-on-one care for all types of clients from infants to seniors, acute injury to chronic pain, surgical recovery to sports performance.



Why We Have Success....

We use unique and innovative techniques to address the framework of the whole body and find the root cause of your issue.

Our techniques are powerful enough for the elite athlete and gentle enough for the newborn infant.

- Private one on one setting
- Customized exercise programs
- Comprehensive hands on holistic care



Some of Our Specialties

Neck, Shoulder & Back Issues

Pain, discomfort, and muscle spasm of the spine is often associated with structural problems of the body. We utilize specialized techniques combined with proper exercise and retraining to get you back to optimal health.

- Back Pain, Disc Problems, Sciatica
- Neck pain and whiplash
- Headaches & Migraines
- Rotator Cuff Injuries



Sports/Work Injuries

Physical trauma or overuse can contribute to loss of joint movement. Our individualized assessment and treatment techniques identify what areas are involved. In addition, we create specialized exercise programs to allow you to get back to doing what you love to do.

- Sprains/ Strains
- Concussions
- Plantar Fasciitis
- Fractures & Dislocations
- Pre and Post Surgery
- Tennis Elbow/ Carpal Tunnel



Pediatrics

Children that may have experienced pre-birth & birth traumas as well as other neurological developmental issues can benefit greatly from our integrative systems approach. This combined with neuro-developmental therapy helps children with some of the following conditions:



- Torticollis
- Cerebral Palsy
- Gross or fine motor concerns
- Autism/Aspergers
- Scoliosis/Spinal Bifida
- Toe Walking
- Sensory difficulties

Chronic Pain

Chronic pain does not need to be lifelong pain. Problems ongoing for months, years, even decades can and do change when the correct techniques release tensions, reduce symptoms, and restore function.

- Nerve Injuries
- Complex Regional Pain Syndrome/RSD
- Fibromyalgia
- Lyme Disease

Men's & Women's Health

We use gentle manual therapy techniques combined with a personal exercise program and neuromuscular reeducation to regain optimal function of the pelvic organs.

- Incontinence/Urinary Frequency/Urgency
- Pelvic Pain/Dysfunction
- Lymphedema/Post Mastectomy
- Pre & Postnatal Issues
- Bowel Dysfunction