

## TO SCHEDULE AN APPOINTMENT

Contact Melissa Hand or Ingrid Law at (205) 481-9012 to schedule your appointment.

### Office Hours:

Monday- Friday, 7:00 AM – 6:00 PM

\*\*\*Flexible scheduling outside of normal business hours available, including Saturdays!

## ACCEPTED INSURANCES

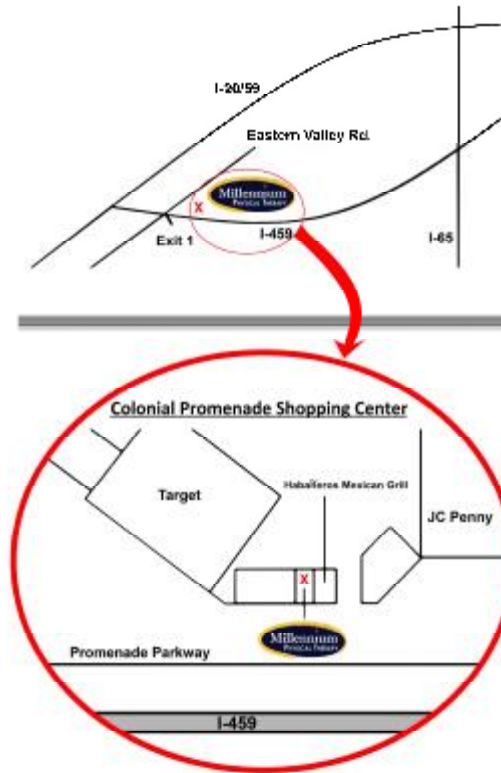
All major insurance carriers are accepted including, but not limited to:



**WORKERS  
COMPENSATION  
PLANS** & **SEVERAL  
OTHER  
CARRIERS**

Insurance counseling is available to all patients informing them of their outpatient physical therapy benefits.

Financial hardship plans are also available.



Colonial Promenade Shopping Center  
Exit 1 off I-459



4863 Promenade Pkwy, Suite 109  
Bessemer, AL 35022  
Phone (205) 481-9012  
Fax (205) 481-9014



*A New Era Of  
Excellence In  
Hands-On  
Therapy*

**Jon Lamb, MS, PT**

# MILLENNIUM PHYSICAL THERAPY

## ABOUT THE THERAPIST

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Jon Lamb is a husband & father of 2 children and currently resides in Helena, Alabama. He graduated with honors from the North Georgia College & State University Physical Therapy Program (Master's degree) in 1998 and received his Undergraduate degree (BS) with honors from Abilene Christian University in 1995. Jon has been in practice within the greater Birmingham – Bessemer area for 11 years. During his time as a therapist, he has been published in peer-reviewed journals and has been involved with ongoing research in the field of Physical Therapy. He has also lectured at local and national Physical Therapy continuing education events. He currently serves as an associate professor at the Jefferson State Physical Therapy Assistant Program and as a Clinical Instructor for Physical Therapy Programs at UAB, South Alabama, Alabama State, and other southeastern PT Programs. While practicing as a Physical Therapist, Jon's focus has been primarily in the areas of orthopedics and manual therapy for musculoskeletal injuries and dysfunctions. He has had extensive experience with sports injuries with professional, semi-professional, collegiate, high school, and middle school athletes. Jon looks forward to providing Physical Therapy services to the McCalla – Bessemer community.

## OUR MISSION STATEMENT

***Our mission is to ensure the maximum quality of life for our patients by providing a hands-on approach to restorative therapies with integrity, excellence, resourcefulness, and compassionate service, and we are to be faithful stewards of the therapeutic resources, talents, gifts, and skills with which we have been blessed.***

## WE ARE HERE TO HELP

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- *Sprains*
- *Strains*
- *Joint Replacement*
- *Orthopedic Injuries*
- *Post-operative physical therapy*
- *Sport related injuries*
- *TMJ*
- *Chronic Pain*
- *Vestibular/Balance Disorders*
- *Neurological Disorders*
- *Cervical Headaches*
- *Stroke (CVA)*
- *Neck/Back pain*
- *Debility*
- *Scoliosis*
- *Many Other Injuries/Diagnoses*

## PHYSICAL THERAPY

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We use our experience to evaluate your unique condition and perform specific treatment methods to restore your lifestyle.

Our company is dedicated to helping you get back to your prior level of activity and rehabilitate your injuries as quickly as possible.

After seeing your physician for diagnosis of your medical condition, you have the choice of which rehabilitation facility that you would like to go to. It would be our privilege and pleasure for you to choose Millennium Physical Therapy!

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Jon Lamb, MS, PT

Owner

Millennium Physical Therapy