

MEET OUR FYZICAL THERAPIST

at FYZICAL Greer



Clinical Director at FYZICAL Greer
Keli Alber, Doctor of Physical Therapy

“One of the most rewarding things about being a physical therapist is getting to share our wealth of knowledge with our patients, empowering them to be an active participant in the improvement of their own lives.”

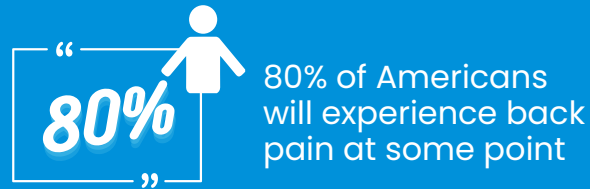
- Keli Alber, DPT

TAKE IT FROM OUR PATIENTS:

“I highly recommend Dr. Keli. She knows how to improve your life. She is truly gifted and a wonderful human being! My lack of strength and lack of mobility due to pain from car accidents and aging were slowing me down and causing depression. Since working with Dr. Keli my life has improved.”

- Russeen L.


PHYSICAL THERAPY FACTS




1 - National Institute Neurological Disorders and Stroke
2 - National Council on Aging
3 - Health Services Research Journal

To book an appointment or learn more about our dry needling services, please contact us today!

Contact Us :

 864-416-7131

 864-469-5696

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LOVE YOUR LIFE[®]



FYZICAL[®]
Therapy & Balance Centers

BALANCE IS CORE TO YOUR WELLNESS!

Your sense of balance comes from many different systems working together to create stability. Good balance depends on correct sensory information, proper use of that information by the brain, and the right response from the muscles. The sensory information that is needed comes from your **visual**, **somatosensory**, and **vestibular** systems.



VISUAL

Your vision provides important information to the brain about your environment, specifically where your body is in relation to the horizon while still or moving.



SOMATOSENSORY

You have special sensors that are sensitive to stretch, pressure, vibration, and touch in your muscles, tendons, joints, and skin that help your brain to know how your body is positioned.



VESTIBULAR

Organs in the inner ear that tell the brain where the head is in space. Quite simply, it is our internal reference telling the brain how our head is oriented - up, down, tilted, etc.



WHO'S IT FOR?

Patients who can benefit from vestibular or balance rehabilitation include those who experience:

- **Dizziness, Imbalance, or Vertigo**
- **Meniere's Syndrome**
- **Benign Paroxysmal Positional Vertigo (BPPV)**
- **Neck-related Dizziness**
- **Migraines**
- **Total Knee/Hip Replacement**
- **Ankle Sprains**
- **Head Injuries (TBI)**
- **Spinal Cord Injury**
- **Strokes**
- **Parkinson's Disease**
- **Multiple Sclerosis**
- **Alzheimers**

DID YOU KNOW?

The FYZICAL Safety Overhead System (SOS) provides you with:

- Confidence to take your next step
- Natural range of motion without requiring upper body use like parallel bars would
- Ultimate safety of a fall-free environment for balance and walking during treatment
- Advanced therapy for faster healing and return to full strength

& THERE'S MORE!

Our physical therapists are experts in the human body, and will use the most relevant techniques and technology to decrease pain, provide orthopedic rehabilitation from surgery and injury, and so much more.

