MINDFUL MOVEMENT PHYSICAL THERAPY

A clear rehabilitation next step for back and neck pain

For referring clinicians and care teams
Dr. Emily Warren, DPT, Cert. MDT | One-on-one care in Holladay

When an assessment may fit

Nonurgent back or neck symptoms that limit daily activity; radiating symptoms appropriate for conservative care; difficulty progressing after an earlier exercise plan; or rehabilitation alongside the treating clinician's plan.

What the first visit covers

A dedicated 60-minute PT assessment connects the person's history, relevant neurological findings, movement response and activity goals. The patient practices an individualized starting plan and discusses what to monitor and when to reassess. McKenzie assessment helps guide exercise selection when appropriate; it is not the same routine for every patient.

How to connect someone with MMPT

1. Discuss fit or arrange a handoff. Call **(385) 332-4939**. Ask how to share relevant records securely and coordinate with Dr. Emily.

2. Let the patient choose. Invite them to request a **Free Case Review** at the link below. MMPT follows up by phone or text to arrange the conversation. A case review is separate from the clinical assessment. No referral is needed to begin local PT.

3. Focus the assessment. Relevant findings, precautions, prior treatment response and the activity the patient wants back are useful. With the patient's permission, discuss how progress or concerns should be shared with the treating team.

Practical details

Clinic: 4890 Highland Dr, Holladay, UT 84117, serving Greater Salt Lake City.
Payment: Cash-pay; MMPT does not bill insurance directly. A superbill is available for possible out-of-network reimbursement. Coverage is not guaranteed.
Online option: Ask about virtual health and wellness coaching. Clinical virtual PT availability is confirmed separately for the person's location and needs.

Urgent neurological changes and other red flags need medical evaluation, not a routine case review. Do not send patient records through the public form or ordinary email; call to arrange the appropriate handoff.

Request a Free Case Review
mindfulmovementphysicaltherapies.com/contact/
Call: (385) 332-4939