

## **WELCOME TO CPMR OUTPATIENT PHYSICAL THERAPY**

At CPMR, we offer a wide variety of Physical Therapy services to our patients with chronic pain and sports injury. Our therapists are eager to provide the latest and best services to you.

### **Benefits of Physical Therapy**

Physical therapists are movement experts who optimize quality of life through prescribed exercise, hands-on care and patient education. After making a diagnosis, physical therapists create personalized treatment plans that help their patients improve mobility, manage pain and other chronic conditions, recover from injury and prevent future injury and chronic disease.

Physical therapists empower people to be active participants in their own treatment, and they work collaboratively with other health professionals to ensure patients receive comprehensive care.

### **Physical Therapy helps manage pain.**

Chronic pain can be one of the most frustrating conditions to experience, especially if the underlying cause is unknown. However, physical therapy techniques and therapeutic exercises can help mobilize your joints and soft tissue and restore muscle function, reducing aches or eliminating pain altogether. And when patients continue to perform the prescribed physical exercises regularly, it can keep the pain from returning.



**Dr. Jeremy Calame, PT, DPT**

Undergraduate: Bachelor of Arts, Psychology, University of South Florida, 2006 Graduate: Doctor of Physical Therapy, University of South Florida, 2010. Jeremy has been practicing physical therapy since 2010. He believes in art of physical healing through a hands-on approach and incorporates his manual therapy skills into his patient's rehabilitation. He has completed several manual therapy training courses and utilizes the Maitland physiotherapy approach.

As a therapist, he has the privilege of treating patients in the orthopaedic and Men's Health population. He began his career training alongside orthopaedic surgeons and sports medicine physicians, and along the way has rehabilitated a wide range of a patients including several professional and collegiate athletes, industrial work force and geriatric populations. He also specializes in the area of Men's Health and is avid on breaking the stigma associated with their hesitance to access healthcare. Common male issues he treats can include erectile dysfunction, low back pain, pelvic pain, painful ejaculation and/or premature ejaculation, post-prostate and/or hernia surgery, incontinence, non-bacterial prostatitis, and genital pain. His work history includes having managed an outpatient clinic and lead Industrial Specialist for the Central Illinois market. He has extensive experience with the Worker's Compensation population including acute care treatment, Work Conditioning/Hardening, performing Functional Capacity Evaluations and is a certified ergonomic assessment specialist (CEAS-I).



**Khara Celia, LPTA**

Khara is a licensed physical therapist assistant and has had 18 years of experience in several different areas of therapy: Orthopedics, Skilled Nursing Facility and Hospital. Khara has become very compassionate about helping others, of all ages, feel and live better lives. Her best qualities are manual techniques from deep massage to traction and occipital releases and creating individual exercise programs to best fit each patient and their recovery. Khara enjoys helping patients analyze their daily activities and change habits to decrease their pain and better their lives and recovery.

### **Why choose CPMR Physical Therapy?**

- Physiatrist/Physical Medicine & Rehab specialists lead
- Only Male Doctor of Physical Therapy in the area who specialize in Men's Health
- Multi-Disciplinary Team of Pain Management Specialist
- Minimum Invasive, Maximum Result
- Individualize plFlexible hours

## Commonly treated conditions:

- Arthritis
- Ankle sprain
- Back pain
- Cancer rehab & pain management
- Degenerative arthritis
- Degenerative disk disease
- Foot pain
- Hand pain/ Wrist pain
- Heel spurs
- Hip degeneration
- Knee injuries
- Low back pain
- Neck pain
- Neuro-rehab (stroke, muscle weakness, brain injury, MS, Parkinson's disease)
- Rotator cuff tear
- Sacroiliac sprain
- Sciatica
- Shoulder pain
- Tennis elbow
- Tendon/ligament injury
- Tension headache
- TMJ dysfunction
- Whiplash injury



**Jeremy Calame, PT, DPT**  
**Men's Health Specialist**

### **Pelvic/Abdominal Pain**

Prostatitis/ Chronic Pelvic Pain  
Perineum, Scrotal, Penile Pain  
Post-Vasectomy Syndrome Pain  
Pelvic Floor Dysfunctions  
Post-hernia repair

### **Sexual Health**

Erectile Dysfunction  
Peyronie's Disease  
Painful Ejaculation  
Premature Ejaculation  
Painful Intercourse

### **Bladder Abnormalities/**

#### **Post-Prostatectomy**

Urinary Stress Incontinence/ Leakage  
Overactive Bladder  
Urinary Urgency  
Post-Prostatectomy Incontinence/ Leakage



## Physical Therapy



**Jeremy D. Calame, DPT**  
**Khara Celia, LPTA**

**10326 N. Juliet Ct.,**  
**Peoria, IL 61615**  
**Phone: 309-689-8888**  
**Fax: 309-689-8410**  
[www.cpmrmed.com](http://www.cpmrmed.com)

**New Patients Welcome**