

## IN HER OWN WORDS...

### Dawn Cox, MSPT, CFMT

Prana Functional Manual Therapy, LLC

LOCAL  
INNOVATOR:  
Dawn Cox

“The Prana physical therapists (PTs) are dedicated to life-long learning. Each PT often takes four to five times the amount of continuing education required by the state, which means we are highly specialized with more treatment techniques in our tool bag to effectively treat a wide range of patient populations.”

“Our approach is much more comprehensive, holistic, and hands-on than traditional physical therapy. It may sound cliché, but we treat the WHY, not just the WHAT. We are ‘detectives of the body,’ and it is our job to determine the root of the problem.”

“With the changing climate of healthcare, we at Prana are keen on prevention. We would love to change the perspective of insurance companies that only cover injury-driven scenarios... Our bodies are machines, and it’s always beneficial to get a thorough evaluation before asking your body to do different and possibly more straining activities. In addition, since most injuries are repetitive stress in nature, we envision regular maintenance appointments throughout the year with Prana’s skilled physical therapists to avoid more serious injuries. This kind of injury-prevention approach could result in only a few appointments per year versus 12 or more for one serious injury. The end result: decreased health-care costs!”



prana  
FUNCTIONAL MANUAL THERAPY