

Wellness Memberships

Interested in joining our wellness program? We have a fully equipped gym, heated indoor pools and a variety of wellness classes, including yoga, Pilates and more! Stop by our clinic to register and start enjoying the benefits of MTS.

Lafayette memberships are valid at either Lafayette location, in addition to Breaux Bridge and Youngsville. Lafayette memberships include full access to aquatics at the Dulles clinic, as well as all classes offered at either Lafayette location. New Lafayette wellness members can receive a free (pick one) 30-minute gym instruction, 30-minute aquatic instruction or 30-minute nutritional consultation.

Breaux Bridge and Youngsville only memberships are unique to each location. Please call the specific clinic for pricing.

All memberships are month-to-month with NO contract required. Automatic withdrawal is the preferred method of payment either by bank draft or credit card.

Lafayette Clinics Fee Schedule

General Public	\$ 48
Senior (65+)	\$ 40
* Student	\$ 25
** Family	\$ 10
*** MTS Patient	\$ 10

* Student must have valid Driver's License and current student ID (Age 16-25 only)

** Family members must live in the same household as general member or senior member

*** Current MTS physical therapy patients can enjoy a reduced cost while they have active doctor's orders for physical therapy

Locations

Breaux Bridge

1220 N. Berard Street, Ste. B, Breaux Bridge, LA 70517
OFFICE (337) 332-6120 / **FAX** (337) 332-5537
HOURS M-F, 7 a.m. – Noon; 1 p.m. – 5 p.m.

Our clinic in Breaux Bridge has been open since 1982 and provides our St. Martin Parish patients with professional and quality physical therapy care.

Lafayette – the Townhouse

111 Pasa Place, Lafayette, LA 70503
OFFICE (337) 571-1200 / **FAX** (337) 571-1230
HOURS M-F, 5 a.m. – 8 p.m., Sat., 7 a.m. – Noon

Our newest clinic, open in October 2017, serves the community's therapy and wellness needs with a central location in Lafayette.

Lafayette – Dulles

2115 Dulles Drive, Lafayette, LA 70506
OFFICE (337) 981-9182 / **FAX** (337) 988-3441
HOURS M-F, 6 a.m. – 8 p.m., Sat., 7 a.m. – Noon

In addition to our standard physical therapy services, this MTS clinic offers aquatic therapy with two heated indoor pools, massage therapy, Pilates and wellness programs with a fully equipped gym.

Youngsville

327 Iberia Street, Ste. B, Youngsville, LA 70592
OFFICE (337) 856-1717 / **FAX** (337) 856-1818
HOURS M-F, 7 a.m. – 5 p.m.

Our dedicated staff has served the expanding Broussard and Youngsville areas since 2003, and moved into our new facility in 2007.



MTS PHYSICAL THERAPY & WELLNESS



If pain and restricted movement are making it difficult to perform daily activities and enjoy your lifestyle, then physical therapy can help.

MTS offers a variety of physical therapy and wellness services at four convenient locations.

Our licensed physical therapists will evaluate your muscle, joint, nerve and connective tissue conditions to develop an individualized treatment program just for you. Our goal is to restore range of motion and comfort so you can reach the full potential of your daily lifestyle. At MTS, our highly trained clinical staff and board certified therapists have extensive knowledge and experience to accommodate the specific needs of each individual.

Whether you were injured playing sports, involved in an accident, hurt on the job or suffering from life-altering disease such as arthritis, fibromyalgia or multiple sclerosis, MTS provides therapy and wellness services to assist in improving your quality of life.

Services Offered

SERVICES	Lafayette-Dulles	Lafayette-Townhouse	Breaux Bridge	Youngsville
Physical Therapy	■	■	■	■
Aquatic Therapy	■			
Pilates	■			
Massage Therapy	■	■		
Orthotics	■			
Functional Capacity Evaluations (F.C.E.) / Work Conditioning	■			
Dry Needling	■		■	■
Independent Wellness / Fitness Program and Gym	■	■	■	■
Flexibility Training	■	■	■	■
Personal Training / Group Training	■	■		
Nutrition Consultations	■	■		
Concussion Rehabilitation / Vestibular Intervention				■

Classes Offered

- Balance*
- Chair Aerobics
- Cycling
- Dance Aerobics
- HIIT
(High Intensity Interval Training)
- Neurobics "Brain Fitness"
(Brain stimulation, memory games)
- Pilates Mat
- Sculpting/Cardio
- Step
- Water Aerobics
- Yoga

NOTE: Classes offered at Lafayette-Dulles and / or Lafayette-Townhouse locations only. Classes are subject to change.

* Balance class is an additional monthly charge.

Treating

- Accident Injuries
- Arthritis
- Foot/Ankle Abnormalities
(Custom Fabrication of Foot Orthotics)
- General Muscular Skeletal Aches and Pains
- Joint Replacement
- Manual Therapy
(Spine & Extremities)
- Neurological Conditions
(Fibromyalgia, Multiple Sclerosis, etc.)
- Orthopedics
- Post-operative Care
- Soft Tissue Disorders
- Sports Injuries
- Vestibular Rehabilitation
(Vertigo Symptoms, Concussion)
- Worker's Compensation Injuries

The MTS approach is a concept that invites all aspects of a person's needs. It's our goal to help you better understand the importance of the mind & body connection to your overall well-being.