

OUR 3-STEP PROCESS TO YOUR RECOVERY:

1. Comprehensive Assessment
2. Targeted Treatment
3. Ongoing Support & Prevention



**DON'T
DELAY YOUR
RECOVERY,
CALL US
TODAY!**



Contact Us



(904) 516-0124



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www.apexrehabandtraining.com



8210 Cyress Plaza Dr. #101
Jacksonville, FL 32256

Mobile Service Area:



Jacksonville / Jacksonville Beach
/ St. Johns / Ponte Vedra

**BACK TO
YOUR BEST!**

*Discover your potential with
Apex! Transformative care is
offered at our clinic or in the
comfort of your home.*



Proudly Serving: Jacksonville / Jacksonville
Beach / St. Johns / Ponte Vedra / Nocatee



FIND YOUR PEAK WITH APEX!

At Apex, we're passionate about more than just helping you recover - we're committed to empowering you to thrive. Whether you're dealing with pain or injury, or simply wanting to perform at your best, our personalized, hands-on approach will get you back to doing what you love, faster and stronger than before.

We invite you to experience the difference that patient-centered care makes.

SERVICES:

- Physical Therapy
- Orthopedic Rehabilitation
- Sports Injury Rehabilitation
- Neurologic Rehabilitation
- Vestibular Rehabilitation
- Fall Prevention
- Recovery Sessions



Dr. Michael Jones
PT, DPT, OCS,
CSCS, AIT
Board-Certified
Orthopedic
Clinical Specialist
Owner, Lead
Physical Therapist

WHY CHOOSE US?

- ✓ Mobile & in-clinic appointments.
- ✓ Dedicated, hands-on therapy focused on your needs and goals.
- ✓ Our holistic approach.
- ✓ Proven results. Faster recovery, stronger performance, and lasting improvements.

I had surgery for a torn ACL and after a few months of traditional PT through my doctor's organization, I knew I needed something more advanced. As an active and athletic person, I wanted a therapist who would get me back to an active lifestyle, and fortunately for me, I found Mike! I was behind expected progress before I transitioned to Apex, but Mike got me on the right track and within a few months, I caught up and even got ahead of schedule.

-Alex K.

**We accept
Tricare,
Medicare,
HSA, and
plans from
most major
insurers.**



Medicare