

## General P3 Info

P3 is a health care and wellness center that offers Physical Therapy & Pilates.

We offer private outpatient orthopedic physical therapy with the following treatment options: Manual therapy, therapeutic exercise (including Pilates when appropriate), dance specific assessment & treatment, athletic conditioning including plyometric jump training, dry needling, taping and pelvic health. Each 50-minute session is individualized and performed in a private treatment setting (*unless utilizing the Pilates equipment in the common exercise space*).

We assess and treat the whole person – not just an injury or symptoms – and ensure that the client is actively involved in the rehab process. We work with you to keep you moving, improve your strength, achieve your goals and optimize function.

## P3 Hours of Operation

**Monday – Thursday: 6:45am – 6:15pm, Friday: 6:45am – 1:30pm**

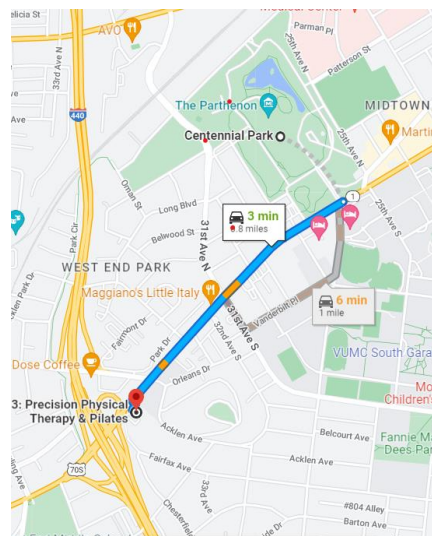
- By appointment only
  - o *Pilates appointments available outside of these hours, including Saturdays*

## Address & Contact Info

3415 West End Avenue, Suite 101 F, Nashville, TN 37203

615.891.4037 – Main office & billing

[www.p3nashville.com](http://www.p3nashville.com)



## Pricing Info

While you are actively dancing with New Dialect, there are options to P3 services at a discounted rate. Please contact us to discuss your specific needs. We look forward to helping you!