

EVO Performance Therapy Expands to Hendersonville

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EVO Performance Therapy is proud to announce its expansion to a second location in Hendersonville, bringing its integrated care model to a growing number of Tennessee residents seeking practical and comprehensive solutions to chronic pain, injury recovery, and movement limitations. EVO offers both classic physical therapy and chiropractic services, all of which are provided in one setting, with a clear focus on education-driven treatments and positive, long-term outcomes.

The expansion results from an increased demand for a comprehensive, whole-body care that goes beyond simple treatments that usually offer only temporary relief. Instead, EVO Performance Therapy focuses on individualized assessments, strength-based and research-backed rehabilitation, and the collaboration between licensed professionals, regardless of whether potential clients deal with everyday mobility issues, sports-specific problems, or post-op recovery. No matter the case, EVO?s team will work closely with its clients to identify and alleviate root causes.

This structured approach allows the EVO team to not just help their clients physically but also guide them through realistic and measurable steps towards feeling and performing better. As with its original Tennessee

location, the new Hendersonville clinic is designed for clients who want to stay active and return to their favorite physical activity, or simply reduce reliance on meds and passive treatments. To provide this to their clients, EVO?s care team draws on the best practices from physical therapy and chiropractic care, while also filtering out the unnecessary or cookie-cutter procedures.

Regardless of whether a person is recovering from an injury, managing a chronic condition, or building resilience against future issues, EVO Performance Therapy will work with its clients to develop clear and accessible treatment plans backed by research. Patients visiting EVO?s clinic for the first time can expect a thorough practical evaluation process. This allows the clinic to develop a personalized care plan tailored to the client?s needs and everyday life.

Depending on the issues the client is dealing with, personalized care may include mobility work, corrective movement training, strength progressions, soft-tissue techniques, joint mobilizations, and education. While the goal of the former is quite clear, the goal of the latter is to help patients understand how their pain developed in the first place, and what they can do to change it. When appropriate or necessary, the evaluation process may also involve movement screening, ergonomic support, or simply modifying the client?s training volume to reduce the overall overload.

On top of providing comprehensive care, EVO also focuses on direct communication with its clients and referring care providers. This means explaining treatment options in plain language, answering questions without jargon, and adjusting the approach when circumstances change.

Each visit to the clinic builds on the previous one, and helps patients not only feel better, but also understand how and why they?re making progress. This level of involvement gives people more than short-term results; it provides them with the know-how they can apply beyond the clinic.

?We?re excited to bring EVO to Hendersonville because we?ve seen firsthand how this kind of integrated care helps people move forward with confidence,? said Ben Moore, founder of EVO Performance Therapy. ?Whether someone is working through an injury or just tired of being limited by pain, our goal is to guide them toward long-term solutions. We?re here to listen, to teach, and to walk with our clients every step of the way.?

EVO Performance Therapy?s new clinic in Hendersonville is now open and accepting new patients. As part of EVO Performance Therapy?s ongoing mission to help those in need, the clinic aims to make movement-based care more accessible to individuals who value active lifestyles and long-term health. Those looking for this type of care don?t require any referral to get started; EVO?s services are available for all ages, fitness levels, and injury histories. For more information, don?t hesitate to visit EVO Performance

Therapy?s website.

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For more information about EVO Performance Therapy, contact the company here:EVO Performance TherapyBen Moore615-266-5599frontdesk@evoperformancetherapy.com225 Molly Walton Dr, Hendersonville, TN 37075

EVO Performance Therapy

At EVO Performance Therapy in Hendersonville, TN, we help active people move better, feel stronger, and stay pain-free - for life.

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