

## Meet The Doctor



Dr. Kolby Mumau was born and raised in Punxsutawney, PA where he was active in several sports such as basketball, baseball, tennis, and volleyball. Dr. Mumau went on to receive his Bachelor's degree from the University of Pittsburgh and then attended New York Chiropractic College for his Doctorate in Chiropractic (D.C.).

During his time in chiropractic school, he was able to gain experience treating athletes from multiple sports. He was also selected for a competitive internship at the Bath VA Medical Center in Bath, NY. During that time he worked alongside orthopedists, physical therapists, and physiatrists and was exposed to a variety of issues such as multiple sclerosis, Parkinson's disease, fibromyalgia, severe spinal stenosis, multiple back surgeries, and many other chronic pain disorders. This unique experience at school gave him the skills and insight to treat not only young athletes, but also those with everyday types of pain such as muscle aches and strains to more severe chronic pain.

Additionally, he also earned his Master's in Nutrition, gaining knowledge and expertise in weight loss, sports nutrition, and improved overall health.



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

## Chiropractic Care

at

Indiana Total Therapy

Indiana

2010 Shelly drive  
Indiana, PA 15701

Phone: 724.349.2276

Mon 9-7, Wednesday 8-6, Fri 8-2

Blairsville

28 Colony Boulevard  
Blairsville, PA 15717

Tues 7-12, Thurs 8-6

**Kolby Mumau, DC, MS**



## Chiropractic Care



*Improving your function,  
movement, and overall health  
of your spine*



# Providing the most up to date, patient-centered spine care

## Care for all types of patients

### The chronic pain patient

Chronic pain will persist for weeks, months, or even years. Dr. Mumau has dealt with many chronic issues such as spinal stenosis, disc issues causing sciatica, fibromyalgia, multiple sclerosis, and more.

### The athlete

Dr. Mumau is no stranger to providing care to the athletic population. He has experience in treating patients from almost any sport, including basketball, baseball, football, hockey, soccer, cyclists, and marathon runners. Typical injuries are acute sprains and strains

### The desk jockey

Many of today's jobs consist of sitting at a desk in front of a computer for hours on end. This can lead to poor posture, causing strains on the neck and low back. Treatments such as manual therapy and ergonomic education are great solutions.



### The veteran

Dr. Mumau completed a competitive internship at the VA Medical Hospital in Bath, NY, where he worked on vets of all different ages and backgrounds. He treated patients that had previously experienced a variety of conditions, including PTSD, amputation, Agent Orange exposure, IED blasts, and more. He believes that being able to treat the veterans at the VA was one of his greatest honors.



*Goals of Chiropractic care are to improve your function and movement so that you can become, and stay, pain-free*

 HUMAN MOTION INSTITUTE<sup>SM</sup>

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## What to expect on your first visit

Your appointment will start off with a thorough history to see what your problems are and how they started. This is followed by a comprehensive physical exam that utilizes chiropractic, orthopedic, neurological, and functional movement testing. After discovering what's causing your pain, treatment can include:

- Gentle manipulation
- Joint mobilization
- Manual therapy
- Myofascial release
- Spine stabilization exercises
- Graston therapy
- Traction
- Kinesio Taping
- Ergonomic education
- Nutrition counseling

## Treatment philosophy

“I view every patient as unique, so my approach to treatment is, and always will be, individualized and patient-centered. My goal is to provide quality treatment based on your needs so that you can get better as quickly as possible and allow you to get back to doing the things that you love to do.”

## PHYSICAL THERAPY

**Physical Therapy** is a profession whose practitioners utilize movement, various hands-on techniques, exercise of all types, and modalities (heat, electrical stimulation, ultrasound, etc) to improve the quality of life that you desire.

**The Goal of Physical Therapy is to...** treat movement dysfunctions and pain to further assist you in achieving the highest and safest level of function possible over the shortest time period.

### **Treatment Diagnoses Include...**

- Sports and Work-related Injuries
- Sprains and Strains
- Low Back Pain
- Post-Op Rehab
- Total Joint Rehab
- Work Conditioning

*Located at Indiana Total Therapy West, HMI, Homer City, & Blairsville*

## AQUATIC THERAPY



*Located at Indiana Total Therapy at HMI & Blairsville*

## OCCUPATIONAL THERAPY , HAND THERAPY & WORK HARDENING

**Occupational Therapy** is a healthcare profession that provides services to individuals whose lives have been disrupted by physical injury, illness or developmental delays.

### **The Goal of Occupational Therapy is to...**

evaluate and treat a person's ability to perform activities of daily living (ADL's) involving work, self-care, play and leisure skills. Occupational Therapists can modify or accommodate daily tasks to promote maximum functional independence.

### **Treatment Diagnoses Include...**

- Hand Therapy
- Neurological Therapy
- Arthritis Therapy
- Cognitive Testing and Rehab
- Pre-Drivers Assessment
- Back to Work Assessments
- Wheel Chair Clinics
- Custom Splints



*Located at Indiana Total Therapy West, HMI & Blairsville*

## PEDIATRIC THERAPY

**The Goal of Pediatric Therapy is to...** ensure that each child with special needs receives all of the services that they may benefit from in order to reach their full potential within their home, school, and social environments.

### **We treat children with conditions such as:**

- Autism Spectrum Disorders
- Mental Retardation
- Spina Bifida
- Cerebral Palsy
- Muscular Dystrophy
- Neurological Conditions
- Orthopaedic Conditions
- Articulation/Phonological Disorders
- General Development Delays
- Language Delays



*Located at Indiana Total Therapy at HMI*

## LYMPHEDEMA THERAPY

**Focus on treatment of all types of lymphedema and swelling.**

*Located at Indiana Total Therapy at HMI*