

Paradigm Physical Therapy & Wellness

- Locally owned and operated since 1996
- Providing quality physical therapy to the communities of Belen, Los Lunas, Bernalillo, and the surrounding areas
- Most insurance accepted
- State of the art facilities
- Evidence based / cutting edge treatment approaches
- Silver Sneakers® Provider
- Prescribed fitness program available



Treatments

Our treatment approach uses highly specific interventions derived from the evaluation process, establishing a differential diagnosis, and based on best evidence of practice.

This may include manual therapy, therapeutic exercise, neuromuscular re-education, proprioceptive training, and comprehensive education.

Our Mission

Paradigm Physical Therapy & Wellness aims to provide the most comprehensive physical therapy care in a fun and healing environment while delivering professional and quality service with the highest commitment to patient care and well-being

