

PT GYM Stretch

Lengthen and Let Go

About PT Gym Stretch

Proudly offering FST. Frederick Stretch Therapy (FST) is a science based, specialized myofascial stretch technique that uses dynamic movements to restore balance and proper function to the body.
-level 2 practitioner

Is it time to let the strains and the pains go? Try FST today!

ARE YOU STRONG ENOUGH? FLEXIBLE ENOUGH? BALANCED ENOUGH?

- To get up off the floor?
- To walk around the block?
- To go to the game?
- To climb the stairs?
- To bounce back after an illness?
- To touch your toes?
- To carry your food to the table?

Invest in your Health

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PT GYM

Bridging the Gap

About PT Gym

An accessible gym tailored to provide supervised medical fitness for seniors and individuals wishing to begin or continue their wellness journey

Make it count

You've worked hard at rehab, now let's continue the journey.

Owned and Operated by a PT with 23 years experience

"There should be a better way. People with medical concerns need a little help to exercise. They need somewhere to go when the medical care ends. Let's create a place in the community where seniors and individuals with mobility challenges can exercise in a safe and supported way. A place to be cheered on and to be a cheerleader for others. Lets stop the revolving door of healthcare and create a real chance for long term healing. Let's Bridge the Gap."

-Kayla West, PT

SERVICES OFFERED AT PT GYM

- Wellness/gym memberships –
 - self-guided exercise and/or group classes.
 - Gym equipment is accessible for seniors and individuals with disabilities
 - Equipped with state of the art Hur strength and balance equipment designed with pneumatic air pressure resistance to be gentle on joints.
- FST –
 - Find out why fascia matters. Fascial Stretch Therapy is a table based, pain-free method of stretching connective tissue to restore your body's natural tensions. Reduce painful adhesions which may be holding your body back.
- Skilled Physical Therapy –
 - Offered for specific injuries and illness – this requires a physician order and plan of care

If you can maintain your car and your air conditioner, you can

MAINTAIN YOUR BODY!

**Monthly Gym memberships
group classes for all levels**

**Fascial Stretch Therapy
60-90 min sessions**

Skilled PT services

***Build resilience.
Build strength.
Build Balance.
Build flexibility.
Build endurance.
Build a healthier you.***