

# Apex PT Postural Restoration Center

## TESTIMONIALS

"This class keeps me accountable to do my exercises."

"When there is a problem, the class helps me avoid extensive individual therapy."

"I enjoy the other class participants & don't feel so alone... Normalizes what's going on with my body and I learn from the questions others ask."

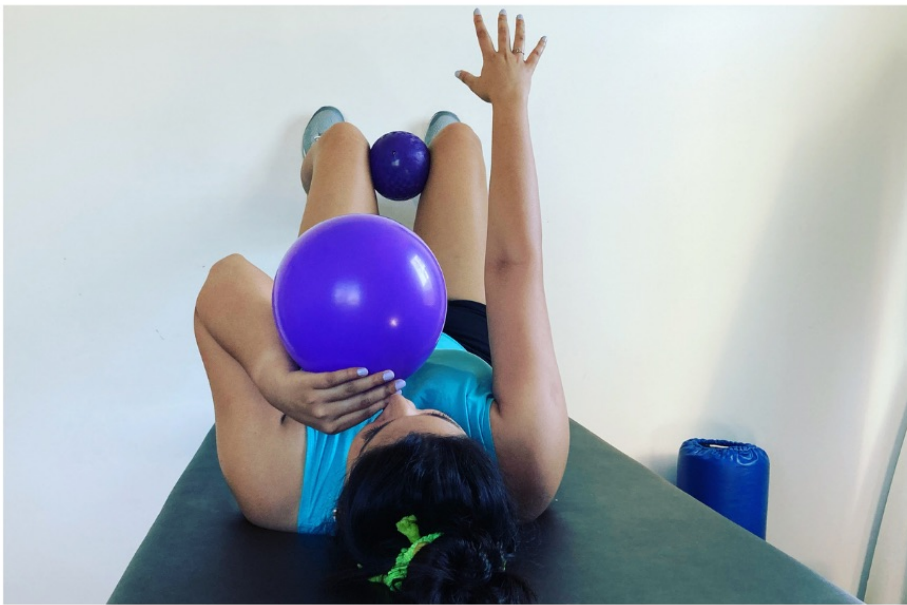


## Postural Restoration based Group Exercise Class!

**NOW OFFERED VIRTUALLY FROM THE  
SAFETY OF YOUR HOME!**

Our weekly classes are now offered online via Zoom! Since our dedicated class members were missing this during the social distancing period, we decided to resume these classes virtually. If you are interested in joining, please contact us!

**COST: 10\$ PER CLASS**



## One of our most basic repositioning exercises

### PELVIC AND RIBCAGE REPOSITIONING

Almost all of our patients perform this exercise at some point in their path towards rehab. Facilitating the hamstrings instead of **stretching** them assists in back pain reduction, by repositioning the pelvis and alleviating hamstring "tightness".

### THE THREE R'S :

REPOSITION

RETRAIN

RESTORE

Our focus is to reposition, restore, and retrain to reduce imbalance, reducing your chances of having pain. We treat the entire body as a whole unit.

## NEWS & FEATURES

### Meet Trish!



**TRISH GARRISON**  
PT

Trish graduated with a Masters in Physical Therapy from Elon University in 2004. Trish has extensive experience in geriatric rehab, as well as in treatment of balance impairments and various neurological diagnosis.

She holds certifications in LSVT treatment for Parkinson's disease and Neuro-Ifrah treatment approaches for stroke and brain injury. She also has experience with seating, positioning and treatment of Spinal Cord Injuries.

After recovering from her own injury, Trish developed an interest in and appreciation for recognizing and treating postural asymmetries as they relate to athletic performance, injury prevention, and recovery. She is currently working towards her PRC certification!