

OCTOBER 2020

Apex PT Postural Restoration Center



Postural Restoration based group exercise class! Now offered virtually from the safety of your home!

Our once weekly classes 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 or \$30 per month for new clients.

TESTIMONIALS

"Keeps me accountable to do my exercises."

"...Enjoy the other class participants & don't feel so alone, normalizes what's going on with my body. Learn from questions others ask"

- DN

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



"Postural Restoration exercise class helps protect & realign my left ankle, left knee, lower back, & right shoulder. The weekly exercises remind me of the need to retrain old habits that have caused pain in the past. This fun class, combined with my personal PT exercise program, greatly improves my flexibility & decreases my chances of recurring pain. When Sangini 'corrects' a member's posture, I'm reminded to do my own self check. I hope others will give this unique class a try!"

- Kathy V.

NEW!

Video Consultations to customize your unique work out program specific to your sport and your body. Designed for Injury Prevention, Sport specific conditioning and Endurance Training for athletes of all ages!

From the comfort of your home!

Currently offered for the following sports:

Running, Tennis, Pickle Ball, Baseball, Basketball, Swimming, Soccer, Dancers, Golf

We offer customized programs based on your unique needs. There is no cookie cutter approach as each individual is different. We will do a series of tests by observing the way you move, sit, stand and walk which will help us recognize which postural pattern you fit in. This will allow us to design a program that best fits your needs.

Cost: Contact us for details.



“How is it different from Traditional Training?”

Would you build your home on a crooked foundation? Then why train your muscles on a forward and right rotated pelvis and spine? Yes, that's right, we all are a little biased to one side, naturally. The normal human body is asymmetrical due to internal organ asymmetry.

Our Postural Restoration based program recognizes that the right and left sides of the body are different and incorporates this underlying principle in training.

THE THREE R'S : REPOSITION, RESTORE, RETRAIN

The focus is to reposition, restore and retrain to reduce imbalance and hence reduce your chances of having pain.

It treats the entire body as a whole unit

This brings about more successful outcomes and longer lasting results

Contact us for more info at : apexptprc@gmail.com or 919 267 5712.

