

NEWSLETTER JANUARY 2017



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What's New at SPT???

*SPT is now seeing patients at the Hames Center!

Sitka Physical Therapy now has clinic hours at The Hames Center.

We continue to offer free injury screens on Thursdays, but now you can receive full physical therapy treatments there as well. This means an opportunity for you to take advantage of a total wellness team!

Coaches, exercise instructors, personal trainers, and now Physical Therapists can be members of your team to help you reach your health, wellness, and fitness goals.

*It's High School Sports Season!

SPT continues to be the leader in sports rehab, volunteering medical services for all high school sporting events, as well as offering concussion management, pre-season training, athletic training certification and return-to-play protocols. Call now to schedule a pre-season training workout for individuals or teams. SPT can help with running analysis, pre-season injury prevention and strengthening for pitching, and sport/athletic-specific training and rehab.

*SPT is now treating Pediatric Patients!

Nick Pilch and SPT are currently providing the school district pediatric services. Nick's expertise in treating children will be available in the clinic as well!

NEW FREE SERIES!



JANUARY 10TH-FEBRUARY 21ST
TUESDAY EVENINGS, 6:30 PM.
AT HAMES CENTER

LEARN HOW TO EXERCISE SAFELY WITH
MARK KASPROWICZ, PT, DPT OF SITKA PHYSICAL THERAPY

Come join Mark at the Hames Center to learn about your body and gain the knowledge and the tools you need to make improvements in pain, function, and participation in life!

SERIES SCHEDULE:

January 10th: Intro to Exercise and Equipment

January 17th: Rotator Cuff Strengthening

January 24th: Healthy Knees

January 31st: Low Back Pain

February 7th: Core Stability and Strength

February 21st: Weight Management



The Hames Center and SPT are excited to announce a new FREE series of classes taught by Mark Kasprowicz, PT, DPT, of Sitka Physical Therapy. Kick off the New Year with this fun and informative series, which will span a wide range of topics including: rotator cuff strengthening, low back pain, core stability/strength, knee health, weight management, and instruction on proper form during exercise. Classes will be weekly, Tuesday evenings at the Hames Center at 6:30pm. They will begin on

Tuesday, January 10th, with the final class being offered on February 21st. Classes will consist of an informative introduction on pertinent anatomy, physiology, strategy, and concepts. Participants will then be guided through exercises, stretches and routines designed to address that week's topic. So come join Mark at the Hames Center to learn about your body and gain the knowledge and the tools you need to make improvements in pain, function, and participation in life!

*Stay tuned for the next FREE class coming in March with Nicolas Pilch, DPT on Advanced Weight Training.

Nick will also be giving a FREE talk and exercise class at the Hames Center, open to members and non-members alike. Nick has participated in weight lifting and body building competitions, and has a vast knowledge on top of his physical therapy credentialing on weight training. Nick will address topics such as principals of weight training, free weight safety and use, guidance on squats, deadlifts, and other power lifting techniques. Any athletic experience is welcome; the only requirement is a happy attitude and wanting to take your fitness to the next level!

More info contact SPT at 747-4559.