

Gary excels at custom fabrication of static and dynamic orthoses that allow his patients to reach their full **Ultimate Rehab** potential.

expanded services to our patients.



PERSONAL TRAINING APPOINTMENTS

Email: trainer@kptrehab.com

MASSAGE APPOINTMENTS

HOURS OF OPERATION

KASSIMIR PHYSICAL THERAPY

WELLNESS SERVICES



TRANSITIONAL GYM MEMBERSHIP

Upon completion of Physical Therapy, KPT's transitional gym membership gives you the ability to continue your exercise plan in our safe, comfortable environment, building confidence as you gain independence.

GYM MEMBERSHIP FEES

\$65/MONTH
\$180/3 MONTHS

Paid membership provides you with:

- **ACCESS TO KPT GYM ANY TIME**

(See hours of operation on back.)

While patients in active treatment will receive first priority on use of exercise equipment, our well-appointed gym makes conflicts rare. Our busiest hours tend to be mid-morning and mid-afternoon.

- **ONE COMPLIMENTARY SESSION WITH A CERTIFIED KPT PERSONAL TRAINER**

Your fitness and wellness goals will be reviewed; the Personal Trainer will assist you in developing a plan to meet those goals and instruct you on the proper use of gym equipment. Additional sessions are available at the fees listed.



PERSONAL TRAINING

KPT's certified Personal Trainer:

Garrett Michael, ACSM

An exercise physiologist, Garrett brings 6+ years of experience providing one-on-one attention to his clients, helping them reach their specific goals. With his guidance and support, you can safely achieve the fitness you desire.

PERSONAL TRAINER SESSION FEES

1-4 SESSIONS: \$75/HOUR
5-9 SESSIONS: \$70/HOUR
10+ SESSIONS: \$65/HOUR

Among the many benefits of working with KPT's Personal Trainer:

- ACCOUNTABILITY & MOTIVATION
- DEVELOPING A ROUTINE
- FRESH NEW PERSPECTIVES & IDEAS ON HEALTH, NUTRITION, AND FITNESS
- SOLID, CONSISTENT, NON-JUDGMENTAL SUPPORT
- PROPER TECHNIQUE & FORM
- INJURY PREVENTION
- SPORTS SPECIFIC TRAINING
- MAXIMUM WORKOUT/MINIMAL TIME
- PERSONALIZED PROGRAM
- RESULTS

MASSAGE THERAPY SERVICES

KPT's certified Massage Therapist:

Norma Melo, LMT

Skilled in various areas of Massage Therapy, Norma brings 10+ years of experience providing pain relief and relaxation to her clients.

HOURS OF AVAILABILITY

Monday & Thursday: 3pm – 7pm

Other times available upon request.



MASSAGE THERAPY FEES

STANDARD MASSAGE

60 MINUTES: \$80
90 MINUTES: \$120

DEEP TISSUE MASSAGE

60 MINUTES: \$100
90 MINUTES: \$135

PREGNANCY MASSAGE

60 MINUTES: \$80

FERTILITY MASAGE

90 MINUTES: \$120

SPORTS MASSAGE

60 MINUTES: \$90

ADD-ONS

WARM/HOT STONE: +\$10

(w/ 90 minute session only)

REFLEXOLOGY: +\$15

(w/60 minute session only)

CUPPING +\$15

(w/60 minute session)

REIKI +\$15

(w/60 minute session)

Among the many benefits of Massage Therapy:

- CALMING & RELAXING
- DECREASES PAIN; REDUCES MUSCLE SORENESS
- REDUCES ANXIETY & STRESS
- IMPROVES RANGE OF MOTION
- STIMULATES LYMPHATIC FLOW
- BOOSTS IMMUNE SYSTEM
- INCREASES CIRCULATION
- PROMOTES TISSUE REGENERATION
- RELIEVES HEADACHES
- DETOXIFIES
- HELPS PREPARE FOR WORKOUTS
- RELIEVES ATHLETIC PAIN
- INCREASES MOBILITY