

Getting Healthy With OPTM Therapy

Optimum Performance Through Movement

OPTM Sports Therapy Introduces a Movement Education Program



The goal of every rehabilitation program is to educate people how to control their body. This includes how to avoid painful activities, instruction in body mechanics and proper performance of a dynamic control exercise program to enhance proprioception, strength, endurance and flexibility. We have created a specialized program designed to educate and reinforce these concepts. Our gym has been remodeled to include Pilates' equipment, multiple variable adjustment pulley systems, isotonic and proprioception equipment and a unit for unloading the spine while exercising.

Harry Benich MPT, who recently became a certified Pilates' Rehabilitation Specialist, will be in charge of the movement education program. Each patient will spend time with him specifically to learn an inde-

pendent dynamic control exercise program, body mechanics and perform specific exercises in our gym. Every patient will have a precise program they can follow once discharged from therapy. We feel this is a tremendous improvement in our customer service. This program will be the most precise and efficient program available for people to learn how to care for themselves.

Our current philosophy of combining exercise and manual therapy for pain modulation, motor re-education, sports training and reconditioning is not novel, although it was when we started it twenty years ago. What does make our approach different is that we take the concepts of arthrokinematics used in manual therapy and create exercises utilizing the same biomechanical rules. The biomechanics combined with exercise physiology create a scientifically based system of motor training individualized for each person. This is the foundation

of OPTM Sports Therapy, and this will not change. Our new movement program will enable each person to more effectively care for themselves.

Our staff continues to pursue advanced education. We have three therapists who will sit for the orthopedic board certification exam in early 2002. Our staff currently consists of seven physical therapists with multiple additional professional certificates, including athletic training, strength and conditioning, orthopedic manual therapy, Pilates' and two are board certified in orthopedics. Also, two have completed a Doctorate of Physical Therapy program from USC. We feel that there is no other therapy center in the South Bay with such a highly trained staff.

Harry gets Certified

Congratulations to Harry Benich on becoming a certified Pilates' Rehabilitation Specialist. We are proud of him. OPTM prides itself in the continuing education of it's therapists.



Harold Benich, MPT

Don't forget to visit us at www.optmtherapy.com