

Let's Get Physical – Physical!

Come Celebrate Physical Therapy Month With Us At Back To Motion Physical Therapy!

October 2011



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THREE OPPORTUNITIES TO KEEP YOU MOVING FOR LIFE...

TRX Flexibility & Foam Roller For Improved Performance in Life and Sport

Tuesday October 18th 6 – 7 pm

Join Back to Motion Physical Therapy and TRX Senior Instructor Anne Parker and experience myofascial release on the Foam Roller and TRX Flexibility. Using the foam roller is a great way to keep your joints and muscles healthy and your body injury-free. Learn how to properly use the roller and focus on the areas in your body that need myofascial release. TRX Suspension Training bodyweight exercise combines traditional flexibility, strength, core and cardiovascular conditioning into one amazing workout. Experience multi-joint and multi-planar mobility and flexibility for improved athletic performance and daily function.

Cost: \$30 without foam roller or \$45 with high density foam roller.

HURRY! Space is limited to the first twelve (12) participants.

Location: Back to Motion Physical Therapy 616 Washington St. No. 101 Denver, CO 80203. Register: **303.832.5577**



TRX Workshops at Back To Motion

Basic Use and Proper Technique Using "All Core, All of the Time!"

Saturday October 29th 10 - 11am

New to the TRX or looking to take your education a little further? This workshop will dig into the fundamentals of Suspension Training while delivering an awesome - joint friendly! - workout (Taught by TRX Senior Course Instructor Anne Parker). All fitness levels can benefit from body weight training with the TRX Suspension Trainer. Come and experience it for yourself. Stay after class to learn how to anchor the TRX in your home and purchase a TRX at a **25% discount**.

Cost: \$30

This is a popular class and space is limited to twelve (12) participants. Book Now so you don't miss it!

For More Information about all of the Fitness and Training Classes that **Back To Motion Physical Therapy** offers, Please Call 303-832-5577

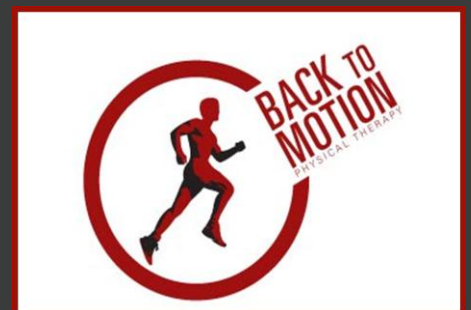
Functional Movement Screen for Improved Performance in Life and Sport

Thursday October 27th 6 – 7:30 pm

Are you noticing limitations in your sport performance, difficulty increasing strength in specific muscles, or just plain inability to work and play the way you want to without pain or discomfort? This functional movement screen will help identify key areas of immobility that can inhibit function. Join Back to Motion Physical Therapy and TRX Senior Instructor Anne Parker for this class to learn how you can improve your performance. Each participant will be taken through key FMS movements and given specific activities to address any limitation identified.

Cost: \$40

Space is limited to eight (8) participants.



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*"Voted 2008 Physical Therapist of the Year
by the American Physical Therapy
Association (APTA)"*