

Services

Classes

Classes

- ***Sport Specific Strength Training:***

Our Physical Therapists will perform a comprehensive examination looking at strength, balance, power and sport specific movement patterns. Afterward, they will design an individual program targeting problem areas that would place an athlete at risk for injury.

Call: 562.427.2225 or Email: Info@reischlpt.com for pricing, scheduling and general questions.

- ***Video Analysis:***

To gain a competitive advantage, athletes across the world are using high-speed video analysis to improve their performance. Using video analysis software, we are able to break down our clients' technique (Golf, Baseball, Soccer, etc.) and offer our expertise to help increase speed, quickness, agility, strength, improve technique and overall performance.

Call: 562.427.2225 or Email: Info@reischlpt.com for pricing, scheduling and general questions.

- ***Golf Performance 1 on 1***

Reischl Physical Therapy has put together a revolutionary golf performance program, designed to help you move, feel, and play better. Our golf performance program takes an educational approach to teaching players how to understand different facets of fitness (mobility, stability, coordination, balance, strength) in order to bring out the best in your game. Our TPI (Titleist Performance Institute) certified experts identify and analyze each golfers' physical abilities and limitations. We then build personalized training program based around YOUR body's needs.

We train individuals across the movement spectrum, from those looking to prevent injury, to those who are

looking to take their game to the next level. Whether you're looking to hit the ball farther, or stay on the course, we'll help you meet your goals.

Evaluation	\$150 (1 hour)
Single Session	\$100 (1 hour)
4 Sessions	\$380 (Evaluation Included)
8 Sessions	\$720 (Evaluation Included)

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- ***C.O.A.S.T. (Complete Overhead Athlete Specific Training)***

C.O.A.S.T at Reischl Physical Therapy is an injury prevention and strength and conditioning program specifically designed for the overhead athlete participating in baseball, volleyball, tennis, football, water polo, and any other sport involving throwing, serving, or hitting overhead. Overhead athletes engage in some of the most physically demanding activities of all sports and if specific steps are not taken to ensure that these athletes are set up for success the result can be poor performance, injury and surgery. At C.O.A.S.T. The emphasis is on identifying, through a physical exam and video analysis, areas for improvement in each individual athlete and addressing them with appropriate exercises under the supervision of a Physical Therapist. Private, semi-private (2-4 person) and group (5-10 persons) sessions are available.

Evaluation includes:

- Upper and Lower body range of motion assessment
- Upper and Lower body strength and flexibility assessment
- Core strength and endurance testing
- Balance assessment
- Biomechanical video analysis

Once you have received your C.O.A.S.T. evaluation, you are eligible to return for training. Exercises will be based on your *complete* presentation as identified in the evaluation and will focus on your specific areas of weakness. These classes are a great way to progress your strength and prevent injuries both in and off season!

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- ***Pilates***

Each session is an hour of targeting your body's specific needs through exercise on the Reformer, CoreAlign, Wunda Chair, Tower of Power, Jumps Board, or Mat.

Benefits of Pilates at Reischl Physical Therapy:

- Personalized and varied exercise program
- Programs determined by the restrictions of YOUR body
- Develops core muscle strength and endurance
- Enhances balance and aligns posture
- Assists in stress reduction
- Minimal joint compression with intensive exercises
- Friendly and knowledgeable instructors

***Each client will also receive a tailored home exercises packet (with pictures and written instructions) to be completed between sessions, so you can build a solid foundation and help achieve your goals. ***

Email: Brianna@reischlpt.com for pricing, scheduling and general questions.

- ***FIT 4 YOU Boot Camp***

FIT 4 YOU Boot Camp is designed to accommodate clients of varying fitness levels at the same time. Our program is made to be affordable, modifiable for each client, safe, challenging and most of all, FUN! *Variety* and *Fun* are the staples of our program. We provide routines that are always changing. A combination of new and traditional ways of doing strength and conditioning exercises, cardio, Pilates apparatus', aerobics, agility, plyometrics, core training, interval training, circuit training and stretching are incorporated into each one hour session.

Class Schedule:

Monday & Wednesday 530pm - 630pm

Friday 5pm - 6pm

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