

**Western Pennsylvania Sports Medicine
and Rehabilitation Clinic**

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FOR IMMEDIATE RELEASE

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WESTERN PA SPORTS MEDICINE AND REHABILITATION CLINIC PROUD TO ANNOUNCE PILATES PROGRAM

JOHNSTOWN, PA – Western PA Sports Medicine and Rehabilitation Clinic is pleased to announce that Pilates has now been added to the already comprehensive list of services. Three variations of Pilates programs are available: As part of a formal physical therapy program, as a post-rehabilitation follow up session or as a wellness exercise program. Pilates will benefit anyone who wants to enhance their well being or any individual interested in improving their overall strength and flexibility.

Western PA Sports Medicine and Rehabilitation Clinic has professional staff that are trained to incorporate Pilates principles into any rehabilitation program. Pilates is beneficial to individuals who have any of the following conditions: low back pain, shoulder dysfunctions, ankle weakness, incontinence, scoliosis, osteoporosis, post stroke, multiple sclerosis, Parkinson's disease, balance disorders, fibromyalgia to name a few.

The Western PA Sports Medicine and Rehabilitation Clinic staff is trained to teach Pilates as a general exercise program to condition the entire body. As a Wellness or post rehabilitation program, Pilates helps patients to enhance their overall well being. The benefits from this program include increased range of motion, strength, flexibility and core stability as well as improved posture, balance, coordination and injury prevention, and improved physical appearance among others. The individual attention provided in a small group setting and the rehabilitation background of the instructors makes the Pilates classes particularly well suited for individuals with medical or physical limitations.

People of any age, ability, fitness level, injury, or limitation can benefit from Pilates, and classes are available in private, semi-private, or small group settings. For more information or questions, please contact us at 814-255-6814 or visit us online at westernpasportsmed.com.

Based out of Johnstown, PA, Western Pennsylvania Sports Medicine and Rehabilitation Clinic Inc. is locally owned and operated. Western PA Sports Medicine & Rehabilitation Clinic has been providing physical therapy services for over 20 years and a professional staff that has over 75 combined years of experience. With free transportation to five convenient locations in Somerset and Cambria Counties, Western PA Sports Medicine and Rehabilitation Clinic offers effective therapy by experienced professionals.

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