

MINDFUL MOVEMENT  
& PHYSICAL THERAPY  
MISSION STATEMENT

Our goal is to offer a holistic integration of mind and body, allowing our patients and clients to take charge of their health.

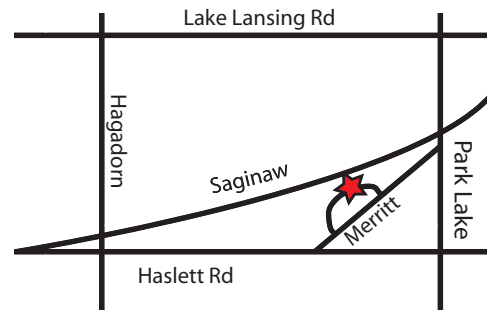
Our patients and clients receive individualized education and exercise instruction, with a "hands-on" approach, to help meet their treatment and exercise goals.

Mindful Movement offers a unique approach that assists our patients and clients with their movement strategies, Improving awareness can reduce or eliminate pain, improve efficiency and ease of movement. Integrating this awareness into their lives paves the way to remaining involved in the activities they enjoy.



*To make the impossible, possible;  
the possible, easy;  
and the easy, elegant*

*--Moshe Feldenkrais*



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## MINDFUL MOVEMENT & PHYSICAL THERAPY IS...



Mindful Movement and Physical Therapy has a qualified staff of instructors. Each trainer is fully certified in Pilates Reformer and Mat work, as well as a variety of other certifications.



The co-owners Sue Forbes and Jolynn Nelson opened Mindful Movement in January 2007. The idea began in the basement of Sue's house. Sue and Jolynn had been health care professionals for over 20 years: Sue was in the movement world and Jolynn the world of physical therapy. Jolynn was curious about how Pilates could be used in rehabilitation, so she brought a patient over to Sue's. She mobilized a joint and Sue immediately put them into a functional movement on the Pilates equipment. They began to see their knowledge and equipment could be used as tools to change people's movement patterns, whether their goal is to look and move great, or to enhance their athletic performance, or to rehabilitate from an injury. The idea became Mindful Movement & Physical Therapy.

## MINDFUL MOVEMENT & PHYSICAL THERAPY SERVICES

MMPT is more than just another fitness center. We offer all the latest Pilates and GYROTONIC® equipment for the recreational exerciser, giving them that core strength and performance improvement. For the rehab patient, we offer a smooth bridge between Physical Therapy and your post rehab maintenance.

- Private Sessions
- Classes
- Physical Therapy
- Massage

Whether you are starting out on a road to recovery, or interested in making the most of your body as it is now, we have programs for you!

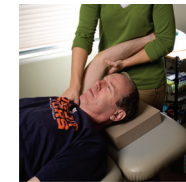


**PRIVATE** Private training is offered on a one-on-one basis using a variety of movement forms and equipment. Individual assessments from a certified instructor can occur without a physician's referral.

We thoroughly assess your body movement to determine where your strengths and weaknesses lie. A program of training starts improving your mobility where you have limitations and then advances to stabilizing vulnerable joints.



**CLASSES** We offer a variety of classes which include Mat and Reformer Pilates, Yoga, Strength, GYROKINESIS®, Rehabilitation Classes for people with Upper and Lower Back Pain, Arthritis, Osteoporosis, Scoliosis, and more. Please see the insert for details and descriptions.



**PHYSICAL THERAPY** Each patient is individually evaluated. From the evaluation, a treatment plan is established which is directed at optimizing joint motion to improve muscle recruitment patterns and functional mobility.

Our Physical Therapy is provided in the unique Pilates environment. We use Pilates equipment to assist movement before the patient can do it on their own.



**MASSAGE** Massage will complement your physical therapy and pilates exercise program by working through your tight, sore muscles allowing more freedom of movement. Our therapist will select the appropriate techniques of deep tissue, myofascial release, neuromuscular therapy, sports massage, stretching, and energy work to relax and revitalize your body. Allow the healing touch of massage to help you today.