



PINNACLE PHYSICAL THERAPY

Unparalleled Credentials, Care and Outcomes

VIEWS & NEWS FROM THE PINNACLE

www.PinnaclePT.net · (209) 736-0956
Pinnacle Physical Therapy

Theresa M. Locke, DPT Volume 2 Issue 1

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CELEBRATING 20 YEARS IN CALAVERAS COUNTY

For the past two decades Theresa Locke, DPT and her staff have been providing excellent physical therapy, rehabilitation and mobility training to patients in Angels Camp. The next twenty years will be exciting as the clinic expands into an innovative and responsive health center dedicated to enhancing community wellness by offering quality physical therapy plus fitness programs and education to the public without the necessity of insurance or their doctor's prescription.

The new pay-as-you-go programs include fitness and clinical exercise plans such as Aftercare and Healthspan, information, training and treatment for Fall Prevention, Back Pain and Incontinence as well as a Performance Enhancement Program to help golfers play better longer.

Pinnacle is branching out into the community to offer employers training on ergonomic and body mechanics during safety programs to help prevent workplace injuries and is continuing to offer injury assessments to the athletic departments of the local high schools.

Voted Best Physical Therapy in Calaveras County by the readers of the Sierra LodeStar again this year, Pinnacle Physical Therapy is as unparalleled in its dedication to the fitness and health of the entire community as it is to its credentials, care and treatment outcomes for patients.

For more information about the programs above, visit www.PinnaclePT.net or call, the clinic office at 209-736-0956.



Train Like the Pros

- Increase Strength and Swing Speed
- Improve Flexibility and Technique
- Prevent Injuries—Play More
- Gain Greater Distance
- Lower Scores!

GET FIT — PERFORM BETTER

Our new program is based upon the Titleist Performance Institute (TPI) model which has trained both professional and amateur golfers, specifically addressing individual needs. It includes a thorough physical assessment of flexibility, strength, and speed to enhance the physical components of the game in conjunction with a golf pro.

The program will improve flexibility, strength, balance, and coordination. It will help prevent injuries and build a level of fitness beneficial on and off the golf course. The goal is to enhance performance and lower scores for greater enjoyment on the course.



FEBRUARY IS AMERICAN HEART MONTH

Be Heart Healthy



WEAR RED

Each staff member at Pinnacle Physical Therapy is wearing red on every Friday during February and we encourage our patients and friends to do the same. Help us destroy the myth that heart disease is for men, and cancer is the real threat to women.

Heart disease is a killer that strikes more women than men, and is more deadly than all forms of cancer combined. While one in 31 American women dies from breast cancer each year, heart disease claims the lives of one in three. That's roughly one death every minute.



Live a Healthy Life Style for a Healthy Heart!

Eat a healthy diet

Maintain healthy weight

Exercise regularly

Don't smoke

Limit alcohol use

Did You Know?

Having high blood pressure puts you at risk for heart disease and stroke, which are the leading causes of death in the United States.

68 million American adults have high blood pressure — **that's 1 in every 3 American adults**

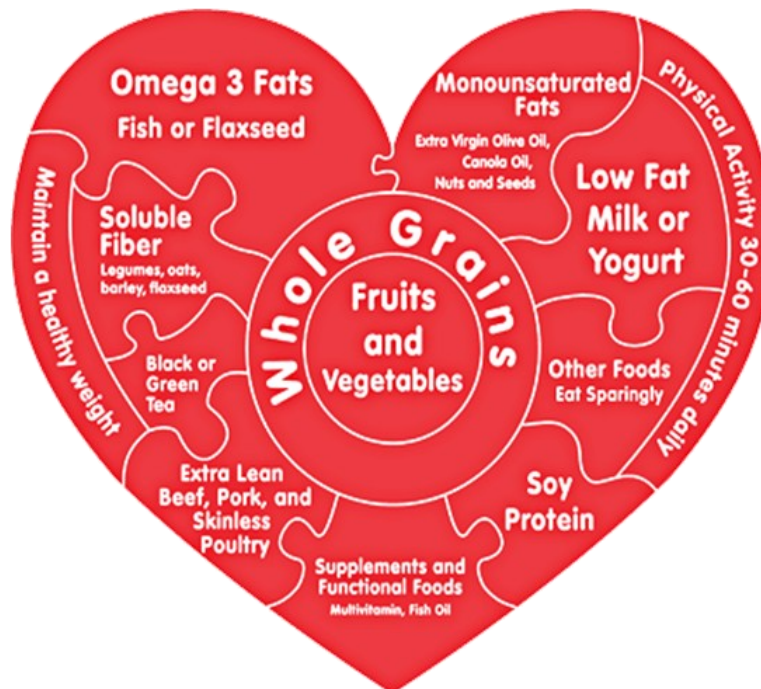


In the United States, someone has a heart attack every 34 seconds. Each minute, someone in the United States dies from a heart disease-related event.

Roughly 600,000 Americans die from heart disease each year — **that's 1 in every 4 deaths.**

Puzzled About a Heart Healthy Diet?

Fit the pieces together for a healthy heart!



Here's to being healthy and staying fit for a very Happy New Year.