

# SMART FITNESS, LLC

## *Intelligent Exercise Solutions*

*Coordinator*

*Basil J. Baccash, P.T.*

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*Allison D. Torrone, P.T.*

*Frances Siejkowski, Program*

Dear Physician:

Your patient, \_\_\_\_\_, has expressed interest with initiating a medically supervised fitness program located within the Middletown/Holmdel Physical Therapy facility. We have proudly served the patients of Monmouth County since 1985. We are a group of highly motivated physical therapists who have vast experience and knowledge in treating orthopedic, neurological and medically compromised patient populations.

The primary Mission of *SMART FITNESS* is to fulfill the fitness requirements of a diverse population. This population can include but is not limited to those individuals with the following conditions, which may have previously limited their exercise experience.

- Arthritis
- Diabetes
- Osteoporosis
- Heart Disease
- Mild Obesity
- Back Pain
- Post Rehabilitation (Patients) and/or **Well Individuals** who desire to attain improved levels of fitness, function and recreational activities

Our program will include a thorough fitness evaluation which will dictate the design and implementation of each individual's fitness program. All fitness programs will be supervised by our staff physical therapists whose expertise and education will ensure a safe and effective exercise experience for each individual.

Your patient's safety and well being are our primary concern. We have enclosed a medical clearance participation form for your signature and comments. Please feel free to contact us with any questions concerning your patient's participation at 732-264-9494.

Sincerely,

*SMART FITNESS LLC*