

GET FIT THE SMARTWAY WITH SMART FITNESS, L.L.C.

By Susan Murphy

The physical therapists at Middletown/Holmdel Physical Therapy have been providing quality care and helping clients achieve results for decades. They can help you get started, guide you as you develop skills, keep you motivated, and help you safely continue on your own. They offer individual or small group sessions and will work with you on or off site. Their services include senior fitness and exercise training, prehabilitation, sports specific training, ergonomic training, fitness programs for cancer survivors, exercise programs for osteopenia and osteoporosis and massage therapy. The four therapists, Thomas Paskewich, Basil Baccash, Allison Torrone, and Kerry Murphy, will guide you through the Smart Fitness program. They each have an average of 25 years experience with evaluating and implementing therapeutic exercise programs for individuals with musculoskeletal and neurologic conditions.

Fifty year old Catherine Russo was one of the first clients of Smart Fitness when the program began in January 2007. She was initially a patient at Middletown/ Holmdel Physical Therapy in need of physical therapy for several health issues. She had exercised on her own but was not successful. "Allison tailored my exercise program by taking into consideration my limitations. This program has made me much stronger and happier with myself. Every time I got hurt it was depressing. At the gym I pushed beyond what I should have because I did not know the correct way to exercise," shared Catherine. "My energy level now is amazing and I feel like a 50 year old going on 30!" Allison added, "Catherine can now safely progress to the next level of exercise without getting hurt. Her endurance has really improved. As a physical therapist, I am aware of her pre-existing conditions and orthopedic problems and can therefore implement an exercise program for her that takes all of that into consideration. The advantage of using a physical therapist as a consultant is that they are aware of a client's medical conditions and are able to modify their supervised fitness program accordingly." Allison also noted that an individual's program is designed to include their fitness goals.

Alice Morrison, an octogenarian who has completed her eleventh week of a twelve week program is also a former patient of Middletown/Holmdel Physical Therapy. She has had surgery on her right wrist, right shoulder, and a total knee replacement of her left knee. "Coming to Smart Fitness and working on my exercise program keeps me agile. I have more mobility and strength. I can walk with better balance," said Alice. Alice's fitness goals are to gain strength so that she can be a safe household and community ambulator and to manage the daily activities of dressing, bathing and grooming. Basil stated that Alice's program includes the use of light weights to strengthen her upper extremities so she will be able to easily lift a pot from the stove or retrieve something from her refrigerator. "We are working on her posture, as well as focusing on strengthening of her arm, leg, upper back and core trunk abdominal muscles. We avoid overloading the joints and muscle tendon junctions by having Alice perform fewer repetitions and incorporate rest intervals so she doesn't become fatigued." He added, "Alice's mobility has improved so that she can now get up from a sitting or lying position much easier. We also work on fall prevention by incorporating balancing exercises." During her one hour session, Alice did a variety of exercises, rested at intervals, and after 40 minutes showed no signs of fatigue.

Rachel Allocco is an active senior who has had two back surgeries and a knee replacement. "This program is working well for me. My family even notices a big improvement. Due to my exercise program at Smart Fitness and the walking I do daily at home, my doctor said my cholesterol and blood pressure are great. My stamina and breathing are so much better. I like coming to this program because the therapists stay with you and guide you. This is great for people my age." Tom, who has been working with

Rachel since last February shared, "It takes time and diligence for several months in order to start feeling great. Rachel never misses a session. We monitor her blood pressure and pulse before and after her session so we are aware of any changes and can modify her program right away." He added that Smart Fitness is "client specific" and tends to the needs of each individual. "We design a well rounded routine of flexibility, strength, coordination and balance. Our expertise is in knowing the rehabilitation process so that we can take into account the past medical history of each client and design an exercise program to fit their needs."

Each client is evaluated and must have their physician's signature to participate in the Smart Fitness program. Sessions are available in six week or twelve week sessions, as a partner package or as an individual per diem session. Smart Fitness is located within the Middletown/Holmdel Physical Therapy facility at the intersection of Highway 35N and Union Avenue in the Holmdel Corporate Plaza office building. For more information and pricing please call (732) 264-9494. Visit their website at www.mhpt.org.



Physical Therapist Allison Torrone is shown supervising Catherine Russo with core trunk stabilization exercises at Smart Fitness.

SMART FITNESS, LLC located within
MIDDLETOWN/HOLMDEL PHYSICAL THERAPY
Holmdel Corporate Plaza
2137 Highway 35 • Holmdel, NJ 07733
732-264-9494

Gift Certificates available

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- Prehabilitation
- Sports Specific Training
- Applied Biomechanics for the Athlete (Running, Throwing, Weight Training, Tennis)
- Ergonomic Training
- Fitness Program for the Cancer Survivor
- Exercise Programs for Osteopenia and Osteoporosis
- Massage Therapy

WE CAN HELP YOU:

Get started • Guide you as you develop skills • Keep you motivated
Help you safely continue on your own



OUR MISSION — Is to provide professional guidance and education to clients of all ages and abilities with a strategic strength and conditioning program. Our program utilizes current scientific and medical guidelines shown to produce measurable improvements in strength, balance and function fostering optimum health and active lifestyle.