

BEACHSIDE HEALTH STUDIO

Description of Services

Fitness Assessment: Total Body assessment performed by a licensed therapist evaluating Blood pressure, Body Mass Index, Resting Metabolic Rate, Current Activity Level, and Proper Body Mechanics. A unique program is designed to include cardiovascular, flexibility, and strength training.

Pilates: Full body work out focused on mind and body coordination, providing a deep core workout, full body strengthening and stretching. Specifically designed apparatuses are incorporated to provide a balanced workout routine. Six key principles of the Pilates Method include: Centering, Concentration, Control, Breath, and Flow.

Physical Therapy: 1-on-1 evaluation addressing old discomforts or new injuries. The treatment includes skilled manual therapy, education on your ailment, and exercise program development specific to your needs.

Massage Therapy: Our globally trained therapists specialize in Swedish, Therapeutic, Deep Tissue, and Sports Massage. We also offer specialized massage performed by our licensed Physical Therapy Assistant who is highly educated on specific musculoskeletal and neurological conditions.

Hivamat 200: A non-invasive therapeutic technique using Deep Oscillation® to aid in muscle relaxation, alleviation of pain, improved mobility and tissue drainage. This is excellent for acute conditions, lymph edema, scar tissue, and various other discomforts. (This treatment is currently being used by several professional sports teams and is now offered to you at Beachside Health Studio.)

Electro Therapeutic Point Stimulation (ETPS): Provides chronic pain relief using principles of acupuncture, massage, physical therapy and micro-current stimulation.

Golf Enhancement: 1-on-1 evaluation with Titleist certified Physical Therapist to address all aspects of the golf swing and body functionality. Includes private treatment and exercise program development.