

## **FOR IMMEDIATE RELEASE**

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### **Philadelphia Physical Therapy Network Leading Region with Advanced Fitness Screens**

*Screenings detect possible injuries before they happen. Olympic athletes are taking note.*

**Philadelphia, PA – January 2010** – Is it possible for an athlete to prevent an injury before it ever happens? According to professionals trained in Functional Movement Screens – yes.

Functional Movement Screens (FMS) are a new system of evaluative exercises used by fitness experts to assess human movement patterns. FMS are particularly effective in discovering and correcting hidden weaknesses in the body, thus preventing injury and improving athletic performance.

“These screens assess fundamental movements which are the foundation of power, control and endurance but also may be contributing to physical limitations,” said Joe Ruhl, PT, president and co-founder of Excel Physical Therapy and Fitness. “FMS embraces the idea that the whole body must function properly to maximize performance.”

Excel Physical Therapy and Fitness is the first physical therapy network in the region to have all of its physical therapists FMS certified. To put their experts to work, Excel teamed up with one of the most recognized rowing programs in the United States, the Vesper Boat Club’s Elite Program, whose rowers have earned Olympic, World and National medals.

“Proper technique is crucial to performance and FMS exposes an athlete’s underlying technique, as well as movement that may result in an injury down the line,” said Michiel Bartman, coach of the Vesper Boat Club’s Elite Program and Dutch Olympic medalist. “With FMS our athletes discover weaknesses they never knew they had and as a result fix them before an injury occurs. Practice does not make perfect, instead perfect practice makes perfect.”

Through seven movements (such as deep squats, hurdle steps, in-line lunges, pushup tests and straight leg raises), Excel and FMS can identify even the slightest weakness, compensation or asymmetry and recommend strengthening exercises to correct any dysfunctional movement pattern.

While FMS are used by professional trainers, amateur athletes and employees with labor-intensive jobs have also found value in the screens. FMS detects and can correct weaknesses which are causing pain or could lead to eventual injury. Excel has used FMS

to assess employees of national beverage importer, a local firehouse and area high schools' sports teams.

To learn more about FMS, please visit [www.functionalmovement.com](http://www.functionalmovement.com).

**About Excel Physical Therapy and Fitness**

For 20 years, Excel Physical Therapy and Fitness has been providing physical therapy and fitness programs dedicated to improving quality of life throughout its communities. Excel has grown to become the largest privately owned physical therapy practice in the Delaware Valley with eight locations throughout the region and home to the area's most knowledgeable physical therapists. Excel is proud to be the only physical therapy network in the country that is 100% certified in Functional Movement Screens (FMS), as well as have the most physical therapists certified in Active Release Technique (ART) on the East Coast. In 2009, Excel was recognized by the *Philadelphia Business Journal* as one of the *Best Places to Work*. For more information on Excel, please call 1.866.88 EXCEL (39235) or visit [www.excelphysicaltherapy.com](http://www.excelphysicaltherapy.com).

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