



our  
approach

Expert Wellness Training Program

Frank Croasdale, MPT & owner of RSPT, designed this personal training program as an all encompassing, supervised exercise plan for patients that have completed physical therapy rehabilitation or have a history of orthopedic injuries. The Expert Staff at RSPT have the knowledge and expertise to help clients with previous injuries continue to build strength & conditioning using the latest techniques and exercises in a safe training environment.

THE LATEST TECHNIQUES AND EXERCISES  
DELIVERED BY AN EXPERT TO ENSURE A  
SAFE TRAINING ENVIRONMENT

Expert Wellness Training Packages

(1) 50 min Session

(10) 50 min Sessions

Home Wellness Training Session  
50 min evaluation plus a customized  
home training program

located at

225 Avenue I Suite 110  
Redondo Beach, CA 90277

appointments

Call (310) 316-3577

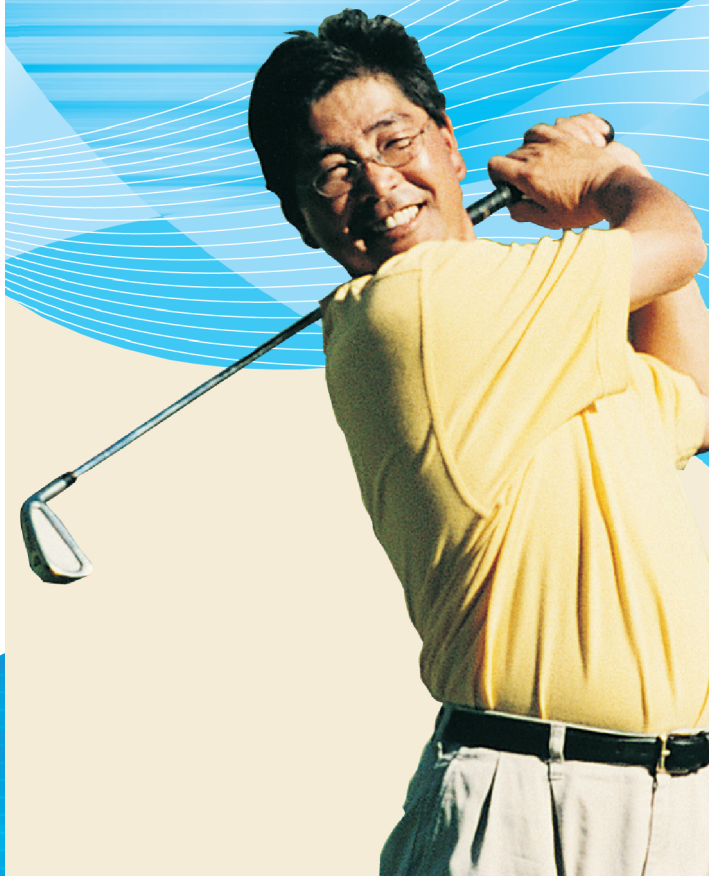


WWW.RIVIERASPORTSPT.COM



Expert Wellness  
Personal Training Program

“GET BACK IN ACTION”



# Expert Personal Training

MINIMIZING THE RISK FOR INJURY

We understand that you have many choices in gym/personal training memberships, which can be altogether extremely confusing, but at Riviera Sports Physical Therapy, you will be supervised by expert staff that have extensive clinical experience working with healthy clients as well as those that have had previous orthopedic injuries. Our expert training staff have a strong understanding in anatomy, physiology, and cardiovascular health and work side by side with physical therapists. This knowledge and experience will enhance your exercise program as well as reduce the risk of injury.

Regardless of age, history of injury or exercise goals, we'll get you Back in Action!



## What makes our training program unique?

### Our program involves....

- Fitness Evaluation
- Strength Training
- Core Stabilization
- Cardiovascular Conditioning
- Balance and Agility
- Home Exercise Program
- Flexibility & Endurance Training
- Taping including Kinesio, McConnell & Athletic Taping



#### EXPERT TRAINED PROFESSIONALS

The Director of our *"Expert Wellness Training Program"* is Scott Holmes, M.S., ATC. Scott graduated from San Diego State with a Bachelor's Degree in Kinesiology with an emphasis in Athletic Training. He became a certified Athletic Trainer in 2003 and subsequently went on to graduate school at the University of Oregon where he completed his Master's Degree work and went on to work for the NBA Seattle Supersonics. Scott has worked in a variety of physical therapy and athletic training settings and has been part of the staff at Riviera Sports PT for over a year.



#### SPECIALIZED TREATMENT PROGRAMS DEVELOPED FOR INDIVIDUAL NEEDS

The Expert Wellness Training Staff have extensive experience in rehabilitation and have worked with clients that have had a history of orthopedic injuries. This offers you the comfort that the Expert Training Staff will keep your individual needs in mind when creating a customized exercise plan for you. If you are currently coordinating your care with a healthcare professional, our Expert Training Staff are extremely comfortable communicating any exercise plan with your physician.

