



OPTIMIZING MOTION

physical therapy & ergonomics

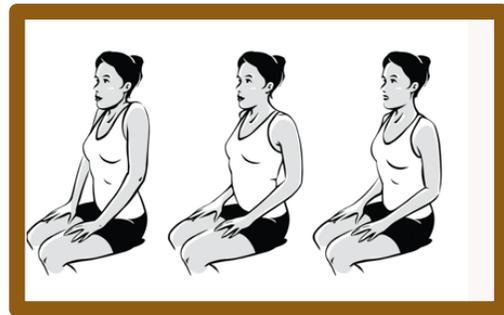
Kathryn Meeks PT DPT CIE

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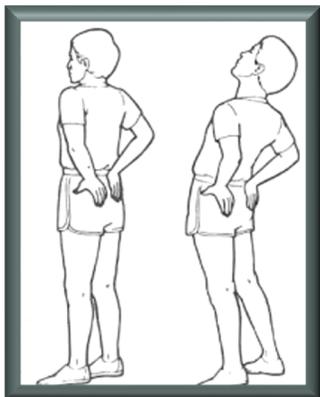
Exercises & Stretches



Frequently throughout the day, tuck chin in a

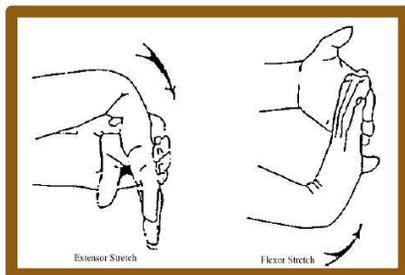
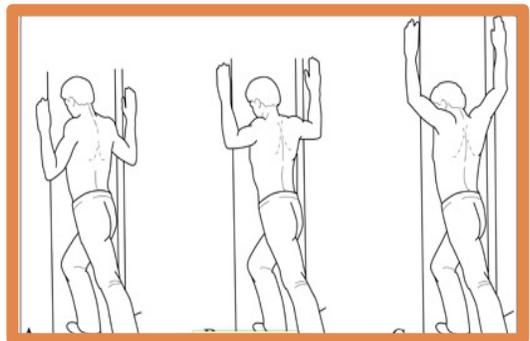


Shrug shoulders upward and backward 10x's, 2-3 x's /day

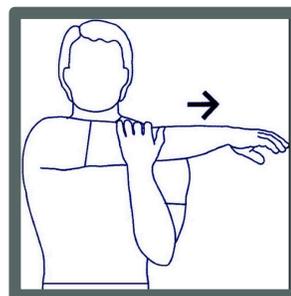


Frequently throughout the day, stand and bend backwards

Stand in a doorway or corner and stretch the front of you shoulder- Hold 10 sec, repeat 5-10, 2-3x's/day times



Gently stretch wrist up and down. Hold 3 sec, repeat 5-10 times, 2-3x's/day



Pull your arm across your body. Hold 10 sec, repeat 5-10 times, 2-3x's/day

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Optimizing Motion: Philosophy



Optimizing Motion believes it is important for the general health of an individual to understand how their body moves in order to attain effective and purposeful movement without risk of injury. We are passionate and dedicated in supporting our customers in becoming independent in the management of their health and wellness, as well as self-sufficient in the recovery from discomfort or an injury. Our vision is to enrich the lives of our clients by enabling them to help themselves. We believe that an individual can benefit from the education that Physical Therapists can provide and should have easy, cost effective, access to this knowledge. Our concentration is on our power to educate, inform, and motivate individuals, organizations, and industries, resulting in healthier and more productive companies and communities.

Experience

Dr. Kathryn Meeks has practiced physical therapy for 25+ years. She received her undergraduate Physical Therapy degree from Indiana University and her Doctor of Physical Therapy from the University of New England. Dr. Meeks is also a Certified Ergonomist and has spent 15+ years providing ergonomic services to many companies in Silicon Valley. She is passionate about helping people and companies help themselves prevent and recover from injury/discomfort, as well as enriching and improving the health of the community for which she lives and works.

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SERVICES

*How can we help you, your business,
and our community?*

You

- Individual movement training, exercise education, and resources to help alleviate chronic or acute pain/discomfort.
- Home office ergonomic evaluation, including resources for appropriate furniture and chairs.
- Physical therapy services, treating a wide variety of injuries.

Your Business

- Ergonomic program development and support.
- Ergonomic training classes
- Onsite ergonomic evaluation for all type or work environments.
- Work closely with Workers Compensation Insurance to manage the cases of workers with injuries of discomfort

Our Community

- Work with our schools and universities to educate in low risk use of technology tools and set ups
- Provide posture and movement training classes to our community.