

NEWS RELEASE

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PTW—Physical Therapy & Wellness Institute
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FOR IMMEDIATE RELEASE

Anti-Gravity Running lands in West Norriton, PA

Crystal Burnick not only finished the Broad Street Run in Philadelphia, but finished third in her age group (20 to 25), well ahead of most scholarship sponsored and collegiate runners in the past (1). Training with a running group out of North Wales, PA, Crystal has improved her time through coaching which she had never experienced before. "I have learned to control the tension in my upper body, using more force in my arm swing and keeping them in a single plane to propel a better stride. I have had some hip problems in the past, and the coaching has helped me understand how important the mechanics of movement between the upper and lower body are to keep my body healthy."

While not training, Crystal is a key employee at the Physical Therapy & Wellness Institute (PTW) in West Norriton, and is excited about the newest training tool available for her to shave another minute or so off her run. (2) Well known to the professional athletes, the anti-gravity treadmill is the first in Montgomery County, and only one of a few in Pennsylvania. Jim Fagnani, DPT, the Director and co-owner of the clinic, indicates the need for this tool has been immense all his career. "I have always wanted to figure out a way to get the athletes to train harder, work on mechanics without injury. In the past, I have worked with runners who work to change mechanics, such as stride length or forefoot landing, but injuries have a way or creeping in when they train too much. It seems you never know if your body will respond correctly until you try, and sometimes if you try, you get injured. You have to find what your body can handle, how fast you can change how frequent you can hit the track, and how far you can stretch the limits. Until now, it has been damned if you do and damned if you don't, because you will never shave seconds off your time unless you reach for more. The Alter G is a perfect tool to help the runners reach and stretch the limits".

Two-time U.S. Olympian Dathan Ritzenhein (3) missed nearly a year of running and returned to run the New York Marathon by using the Alter G. Key members of the Philadelphia Seventy-Sixers have been known to use the tool to return to the court (4), and this highly complex anti-gravity treadmill is becoming more common in performance centers and Physical Therapy Clinics throughout the country.

Fagnani states, "I believe this device will set the record straight for runners trying to catapult to higher levels, as they can safely experiment with techniques to gain advantage. It's more functional than running in water, and will allow for runners to finally shave the minutes or seconds off their run that they have been looking for".

1. http://results.active.com/events/broad-street-run--5/10mile#10mile?&gender=female&age_range=20-24&sort=finish_time&direction=asc
2. <http://www.germanroadraces.de/24-1-17297-running-usa-olympian-ritzenhein-returns-to.html>
3. http://www.timesherald.com/article/20130130/SPORTS03/130139938/philadelphia-76ers-notebook-absences-made-it-wright-time-for-lineup-change#full_story

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PTW—Physical Therapy & Wellness Institute—has been offering quality care to athletes and weekend warriors recovering from injuries, surgeries, muscle traumas and skeletal disorders since 2002. With locations in Lansdale, Montgomeryville, Quakertown, West Norriton, and Glenside, Pa, PTW offers quality care provided by a team of 14 licensed physical therapists. Their facilities feature state of the art exercise equipment, an aquatic center, industrial medicine programs, wellness programs, medically based fitness programs, and now an Alter G. PTW is also licensed for direct access, so that clients may contact them directly without a referral from a physician.

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