



# NewStride®

Physical Therapy

*Did you know Pilates  
is a therapeutic exercise  
program covered by  
your insurance?*

Pilates strengthens the core muscles needed for a healthy back.

- Pre or post spinal surgery
- Pregnancy
- Osteoporosis
- Runners
- Golfers
- Olympic Gold Medalists



Get started on a customized Pilates program recognized  
by your doctor and covered by your insurance!

## **New Stride Physical Therapy**

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[newstridept.com](http://newstridept.com)

**Dr. Traci McCloskey**  
*Physical Therapist  
Certified Pilates Teacher*



**CERTIFIED  
PILATES  
TEACHER**

**Christy Gorman**  
*Masters in Performance  
Certified Pilates Teacher*