



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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Dr. Traci McCloskey
*Physical Therapist
Certified Pilates Teacher*



**CERTIFIED
PILATES
TEACHER**

Christy Gorman
*Masters in Performance
Certified Pilates Teacher*