



Sports & Orthopedic Leaders Physical Therapy

Sports and Orthopedic Leaders Physical Therapy Inc., is a full-service wellness clinic, offering top-notch physical therapy, performance care, performance training, massage and pilates. We accept a variety of insurance plans and have a full menu of cash services available. We have a highly skilled staff, dedicated to providing the best service available. We have been voted “Best in the East Bay” 3 out of the past 4 years!

We are proud to partner with Lake Merritt Joggers and Striders, to help keep them running well, and safely! Just by being a member of LMJS, you can receive a special discount on any of the following cash services:

Work one on one with an Athletic Trainer: 10% off

Pilates session : 10% off

50 minute Massage: 10% off

Just mention Lake Merritt Joggers and Striders when you call and we'll be happy to schedule your session. Call 510.547.1630 today!

SOL Physical Therapy Sports + Orthopedic Leaders

Sports + Orthopedic Rehabilitation • Active Release Technique® Providers • Manual Therapy Techniques • Pilates • Personal and Peak Performance Training

Two locations to serve you:

5297-A College Avenue Oakland, California 94618 P 510.547.1630 F 510.923.1944 www.solpt.com
1510 Seabright Avenue Santa Cruz, California 95062 P 831.425.3588 F 831.425.3538



Presents:

SOL Peak Performance Training for runners

Jasmine Gittens
MA, ATC

www.solpt.com

G-Trainer Anti-Gravity Treadmills are changing the weight of the world



Goal: To improve athletic performance, while reducing the likelihood of overuse injuries sustained by runners. Exercises will help develop speed and power, as well as improved cardiovascular conditioning without the stress to the legs.



Benefits:

- Work one on one with a Certified Athletic Trainer
- Creation of an individualized training program
- Learn cutting edge core training techniques
- Recovery from a hard training season with the advanced technology of the **Alter G Anti-Gravity Treadmill**
- Exercises will help develop speed and power, as well as improved cardiovascular endurance while reducing the stress on the legs
- Improved performance while reducing the likelihood of overuse injuries sustained by runners

About me:

Jasmine Gittens is a Certified Athletic Trainer with a Masters Degree in Kinesiology and has extensive experience working with athletes at various levels of competition. As an athlete herself, she understands the needs of her clients and takes great pride in helping them reach their goals.

Cost: \$360 for 4 sessions (prepaid)
\$500 value

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5297A College Avenue, Oakland, CA 94618

For more information and to schedule please contact:
Jasmine Gittens, ATC at 510.547.1630 or
jgittensatc@yahoo.com

