

Getting you back to your active life. **Carolina Sportscare and Physical Therapy**



How to Increase Fitness.

- Everyone needs regular physical checkups from their doctors.
- Decide on the type of program you wish to participate in.
- Select enjoyable activities.
- Always begin a new program slowly and in moderation.
- Always warm up prior to exercise. “Break a sweat” by jogging, cycling, walking or similar activity.
- Stretch after warming up.
- Complete your selected program.
- Cool down by decreasing the intensity of your activity and stretching.
- Drink plenty of water.

Next Step: After Injury Rehab.

Following care from one of our licensed clinical staff, your CSPT physical therapist will likely recommend that you participate in our fitness and performance programs.

Fitness & Performance Enhancement.

Recovering from an injury? Looking to improve your lifestyle or athletic performance? Our National Academy of Sports Medicine Certified Personal Trainers will evaluate your current fitness level with a personal examination. We will develop a program designed to fit your needs, goals and desires and instruct you about sensible implementation. Based on our CPT’s exam, we may recommend that you participate in one or more of the following:

- Nutrition Counseling
- Cardiovascular Training
- Strength Training
- Balance Training
- Body Awareness Training
- Core Training
- Sport-Specific Training
- Massage Therapy
- Personal Training
- Functional Training



Keeping you in your game...for life.

Two convenient locations to serve you better:

1076 Ribaut Road, Ste. 102 • Beaufort, SC 29902 • Fax: (843) 521-0908 • **(843) 521-1970**
1551 Sea Island Parkway, Ste. A • St. Helena Island, SC 29920 • Fax: (843) 838-8060 • **(843) 838-9668**



Meet your fitness team...

Kevin U. Ennis, MA Ed., ATC, SCAT, CPT

BA: East Tennessee State University, Johnson City, TN

MA: Austin Peay State University, Clarksville, TN

Certified: Athletic Trainer by the National Athletic Trainers' Association Board of Certification, Inc. and the South Carolina Department of Health and Environmental Control; Personal Trainer by the National Academy of Sports Medicine

Award: National Athletic Trainers' Association "Athletic Trainer Service Award" (2003)

Rayford W. Jones, CPT

Certified: Personal Trainer by the National Academy of Sports Medicine; USA Weightlifting Coach, AAU Sanctioned Weightlifting Coach, Certified National Referee by American Drug-Free Powerlifting Association

Awards: National Weightlifting Coach of the Year (2001), South Carolina Weightlifter of the Year (1983)

Timothy J. Gurley, PTA CPT

AAS: Physical Therapist Assistant

Certified: Personal Trainer by the National Academy of Sports Medicine, Strength Training Specialist by the International Weightlifting Association

Getting Back in the Game.

The certified personal trainers at CSPT emphasize progression as the key to improvement. If you were injured and have completed your rehabilitation, you are ready to begin a steady progressive program emphasizing activities to improve function and performance. Our certified personal trainers are experts in developing individualized exercise programs (IEPs) to assist you in meeting your goals.

Prevention Is the Key.

The best injury is the one that does not happen. Why wait until you are injured to do something? Our certified personal trainers can develop an IEP aimed at helping you prevent injury while improving performance and fitness. Even if you are an experienced athlete, constant reviews of form and technique are keys to conditioning.

Understanding that the entire body is involved with athletic activity is paramount to designing the appropriate fitness program to help meet your needs.

Performance Enhancement.

Every accomplished athlete has a team of professionals to help maintain and improve his or her performance. You should, too. Let our team of professionals set up a program to assist you in developing your skills and conditioning level so you can prevent injuries.

Take Action Today.

We have state-of-the-art equipment and knowledge to help clients improve with limited risk. We focus on you as a complete person and help you prepare in every way. Be sure to ask about our wellness and fitness programs and personal training options.

Talk with one of our team members about which option may best fit your needs. Amateur, recreational, elite, senior and professional athletes can all benefit from the individualized programs we design, regardless of age. Now, you can, too.



Keeping you in your game...for life.

- Services:**
- Personal training • Personalized fitness
 - Individualized exercise programs
 - Wellness programs • Massage therapy
 - Athletic event coverage

- Conveniences:**
- Lunchtime, evening & Saturday appointments
 - Same-day emergency appointments
 - Minimal waiting time • Most insurance accepted & filed
 - MasterCard, Visa & Discover accepted

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