

Meet Garrett!

I recently moved to this area from my hometown of Girard, PA. Girard is a small farm town, located just a short drive from Lake Erie and Presque Isle. I enjoy spending my free time with my family, friends, and dog outdoors, going for hikes and exploring new areas. I also enjoy playing sports and videogames. I graduated from Slippery Rock University (SRU) in 2016 with a bachelor's degree in Recreational Therapy, and then attended graduate school at SRU, graduating in 2020 with my Doctorate of Physical Therapy. I look forward to meeting everyone, so please come say "Hi"!



Garrett Brown



Bird Dog



Side Plank



Dead Bug



Bridge



Forearm Plank

Why is core strength so important?

Your core is your body's support system. It helps you to be able to move and keep upright throughout your daily activities. It's designed to keep your internal organs protected, like armor. The core is the primary building block for all other strengthening exercises you want to do. It's not all about having a six pack (that's just a bonus). Having a strong core can help with back pain, problems with balance and improve overall mobility. Here are a few examples of some core exercises to get you started. For more exercise tips head over to Atlastherapy.com and check those out under Blog Entries tab.

**NEW
BLOG!**

Are you a **hunter**? Or aspiring to be? Whether you have been hunting for years or you are new to it, head over to Atlastherapy.com to check out PT Jake Bostick's tips and tricks to keeping yourself safe out there in the woods.



Refer to: www.AtlasTherapy.com/Blog/Post/Hunting-Safety-Facts



Thanksgiving is right around the corner! Whether you are the cook or the eater, we all have our favorite go to dishes. We asked the Atlas Staff to share with you theirs.

Kathy- Turkey

Stephanie- Green bean casserole

Jake- Mom's pineapple soufflé

Garrett- Stuffing

Casey - Green bean casserole

Heather- Aunt Bonnie's sweet potatoes

Ryan- Mashed potatoes

Amy- Pumpkin pie

Becca- Grandma's pecan pie

Donna - Cheesy Green Beans

Hannah- Caramel Baked Apples

Kait- Roasted Root Vegetables in white wine butter sauce



10 YEARS!

We are beyond grateful to be celebrating our 10th Anniversary this month. When we opened our doors 10 years ago, we had a goal to provide superior patient care. We did this by offering private treatment rooms, 1 on 1 time with a therapist at every appointment, providing care for underserved diagnoses, and hiring the best quality staff. This model allowed us to grow from a practice that served TMJ, into a practice that provides care for the full body with specializations in Women's Health, Head/Neck/Jaw, and Balance & Vestibular. None of this would be possible if it weren't for our faithful patients, our referring physicians, and our supportive community.

THANK YOU, from the bottom of our hearts, for allowing us to show up and do what we love to do!

