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## Holly Powell

Licensed Physical Therapy Assistant,  
Certified Strength and  
Conditioning Specialist



My name is Holly Powell and I am a Physical Therapist Assistant as well as a Certified Strength & Conditioning Specialist. I graduated from UW-La Crosse in 2002 with a Bachelor of Science degree in Exercise and Sport Science and a Strength & Conditioning Concentration. I have expanded my services to include a health management program as well as personal training. I am able to offer a completely individualized program that will help you maintain the progress you've already made and help you to achieve more of your goals.

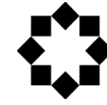


## Burkhardt Physical Therapy Center, LLC

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**One Hour: 1 on 1 training  
sessions for \$65**

**1555 Heritage Blvd.  
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**Burkhardt  
Physical Therapy  
Center, LLC**

**Health  
Management &  
Personal Training  
Program**



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Helping you to achieve your goals



## Health Management Program

- ◆ Step Up/Maintenance Program from Physical Therapy
- ◆ General exercise instruction for all ages and ability levels
- ◆ Basic nutrition and health education
- ◆ Lifestyle management
- ◆ Sports specific training

**This is a great program for everyone! Especially if you have needs beyond your physical therapy program or if your health insurance has stopped paying for treatment.**

We will assess and consider you as an individual to help you achieve your full potential.

Physical activity, healthy nutrition and restful sleep have an enormous impact on your health.

## One on One Personal Training

Personal training can assist with weight reduction, increased metabolism, improved cardiovascular activity, increased muscle tone and strength, improved posture and balance, increased energy, improved bone health, decreased health risks, injury prevention, increased core stability, and a healthy and active future!



- ◆ Accountability and motivation
- ◆ Develop a routine
- ◆ Solid, consistent, non-judgmental support
- ◆ Proper technique and form
- ◆ Sports specific training
- ◆ Maximize workout/minimize time
- ◆ Personalized program
- ◆ RESULTS

Individualized Programs  
For ALL Fitness Levels

**One Hour Sessions:  
1 on 1 training for \$65.**

## Functional Movement Screen Assessment

Purpose of the Functional Movement Screen:

- ◆ Identify individuals at risk for injury
- ◆ Assist in program design to improve fundamental movement patterns
- ◆ Provide a tool to monitor progress and movement pattern development
- ◆ Create a functional movement baseline for statistical observation



The Functional Movement Screen (FMS) contains seven movement tests that require a balance of mobility and stability. Individuals are placed into positions where weakness, imbalances, asymmetries, and limitations become noticeable by a trained health and fitness professional.