

Partnered with The Strongsville Rec Center (Located on the 2nd Floor)

PERFORM BETTER

LIVE BETTER

BEDFORD

PHYSICAL THERAPY AND FITNESS

Direct Access No Referral Needed
Accept Most Insurances | Insurance Not Required

HEALTH COACHING
healthy and b



3D Gait Analysis

- 3D Gait Analysis
- 3D Biofeedback Training
- Injury Prevention
- Improve Running Efficiency



PHYSICAL THERAPY

- Manual Therapy
- Dry Needling
- Sports Medicine
- Range of Motion
- Strengthening
- Aquatic Therapy



TPI Golf Evaluation

- Titleist Performance Institute Certified
- Swing and Body Connection
- Improve ROM
- Improve Shot Distance
- Prevent Injury
- Return to Golf



Get Stretched!

- Total Body Assisted Stretch and Theragun Program
- Improve Flexibility
- Muscle Recovery
- Reduce Back Pain
- Prevent Injury
- Stress Reduction



AQUATIC FITNESS

- Benefits of Personal Training with Low Impact on Your Joints
- Total Body Conditioning and Cardio Training
- Interval Training
- Post Rehab Aquatic Training



HEALTH COACHING

- Wellness & Disease
- Lifestyle Choices
- Daily Activity
- Stress & anxiety
- Sleep
- Diet



Book Now
440-973-4952
216-385-76235



Strongsville
Recreation
Center

Learn More

BedfordPTFit.com



HealthyYou@BedfordPTFit.com