

# Optimal Performance works to improve your whole body

If you have a sore shoulder, you want your shoulder treated. That makes sense. That's a reason to visit a physical therapist. But what if the problem is more than just your shoulder? What if your back is a concern? What if the problem really stems from your feet or how you walk? Or maybe not.

It's hard to know, isn't it? That's why so many patients are pleased with the treatments they've received at Optimal Performance Physical Therapy in Scarborough.

The people there operate under 10 Pillars of Performance. The first one is this — "The client comes first — take care of the whole client."

"Everybody's different," says owner Karen Bailey, a physical therapist. That comment applies to both patients and staff members. All of the staff members at Optimal Performance have different strengths. The result is a care program for each patient that is designed specifically for him or her.

The other staff members include:

- **Heather Harmon, P.T.** — A graduate of Ithica College, Heather was most recently in California where she focused on sports medicine, post surgical management, preventative and rehabilitative physical therapy. "She brings new and updated methods from the West Coast," Karen says. She is also pursuing interests as a Strength and Conditioning Specialist (SCS) and Orthopedic Certified Specialist (OCS).

- **Michaela Reynolds, P.T.** — With 15-plus years of experience, Michaela and Karen have known and worked together for years. "Michaela's expertise is in integrated manual therapy," Karen says. "She works with things such as ligaments, tendons, muscles, nerves, blood vessels, lymph vessels, organs and bones with a very gentle, non-invasive technique that works on any condition to help facilitate a full recovery. "She's had patients from a four-month-old infant with colic to an 87-year-old with a shoulder injury."

- **Allison Libby, L.M.T.** — Allison is a recent hire who focuses on wellness and prevention with several different types of massage and related techniques — Deep Tissue, Swedish, Reflexology, Polarity, Infant Massage and Chair Massage. "I've always wanted to add a wellness component to the practice and Allison looks like a good fit," Karen says.

- **Darcy Zuniga** — Darcy is the business manager for Optimal Performance. She deals with



**THE STAFF AT OPTIMAL PERFORMANCE includes, from left, Michaela Reynolds, P.T.; Allison Libby, L.M.T.; Heather Harmon, P.T.; and Karen Bailey, P.T., ATC/L, CHS.**

all of the possible insurance questions that a patient may have. This is complicated and it's important that patients have peace of mind about what is being paid for. Darcy keeps things straight.

Karen herself is constantly improving her education and training as well. She recently completed her certification as a health specialist in addition to being a physical therapist and certified athletic trainer and is making progress on a doctorate program in naturopathic ministry. "This is a program which has a holistic approach — mind, body and spirit" Karen says.

All of the staff members contribute their expertise to the care of a patient. The patient works with a primary therapist; however it's not uncommon for the staff to use a team approach to treatment utilizing different strengths, specialties and perspectives of each therapist in order to achieve the best possible outcome.

This helps patients to maximize function and achieve their individual goals while maintaining the continuity of care for the patient that Karen considers so important.

In addition to all of this expertise and a friendly, respectful environment, Optimal Performance has convenient hours and easy accessibility. Hours are 7:30 a.m. to 6:30 p.m., Monday through Thursday and 7:30 a.m. to 4:30 p.m. on Friday. They are located at 308 U.S. Route One, Building E, with plenty of parking right in front of the building.

If you want to get well and stay well, you need to look at your whole being — that's the strength of Optimal Performance. Call 510-6500 for an appointment.