

Personal Performance Management

**Therapeutic Pilates & Therapeutic Fitness**

Private Session w/ Master Instructor, 50 minutes	130
Private Series of 5	600
Private Series of 10	1100
Duet Single Session, per person	75

**Fitness Pilates & Training**

Private <i>Evidence-Based Exercise</i> ®, 50 minutes	95
One-on-one Personal Fitness Training	
Private – Series of 5	450
Private – Series of 10	850
Private <i>Enhance your Dance</i> ®, 50 minutes	150
Ballet Strength and Injury Prevention Coaching	
Private Series of 5	700
Private Series of 10	1300

**Nutritional Consultation**

Private Nutritional Evaluation	250
Private Nutrition Follow-up	100

Physical Therapy and Athletic Training

Evaluation, 50 minutes*	250
Treatment, 30 minutes*	150
Dance Medicine Evaluation**	125
Dance Medicine Follow-up**	75
Brief Visit, 10 minutes ( <i>no insurance accepted</i> )***	40

Hourly Services - Offsite

Ergonomic Workstation Evaluation	250
Raked Stage Evaluation & Training	150
Backstage Dance Medicine Services****	150
Injury Surveillance Services	150

*All series-purchase sales expire 6 months from the date of sale without exception. Each no-show or late cancellation (less than 24 hours notice) results in forfeiture of one pre-paid session*

*\*Most insurance plans cover Physical Therapy (PT) and Athletic Training (ATC) services. PT and ATC Services not covered by insurance plans are eligible for Employee Health Savings reimbursement. PT Plus provides courtesy billing; patient is responsible for payment in full at the time of service.*

*\*\*Restrictions apply: uninsured dancers only*

*\*\*\*At the discretion of the therapist after full initial evaluation*

*\*\*\*\*Minimum of two hours; 3 treatment sessions per hour*

For more information: [www.pt-plus.org](http://www.pt-plus.org)  
To schedule an appointment: 212-246-3700

Description of Services

**Therapeutic Pilates** sessions are conducted by licensed health-care practitioners who guide you through an exercise program designed to address your unique needs. These sessions, taken privately or with a friend, are both fun and ideal for injury prevention, weight loss or for transitioning back into activities of daily life, dance or sports after injury.

**Fitness Pilates and Training** sessions are conducted by highly experienced fitness professionals who hold advanced degrees in exercise science and certification by the National Academy of Sports Medicine. Our *Evidence-Based Exercise* programs are scientifically designed to result in improved strength, flexibility, overall health, stamina and appearance.

**Pilates** is a method of exercise that emphasizes proper alignment and mechanics of the body, leanness, flexibility and strength for efficient pain-free movement. Elite athletes and professional dancers use the Pilates method to prevent injury, while celebrities depend on it to maintain trim and sculpted physiques. Pilates at PT Plus incorporates all of the above goals while also restoring function and confidence after injury or illness.

**Fitness Training** entails mastery of progressively challenging routines that effectively, efficiently and safely establish peak performance and wellness throughout a lifetime. Fitness at PT Plus is private, personal and powerful. Benefits include reduced aches and pains, control of one's health, and optimal aesthetics.

**Nutrition Consultation**

The ability to recover rapidly from injury, to perform well and to maintain excellent health is impacted profoundly by one's diet. At PT Plus, nutritional counseling is offered only by research professionals with advanced degrees in nutritional science so that clients are assured the information they receive is evidence-based and safe, not influenced by consumer-driven fads or myths.

**Physical Therapy and Athletic Training**

After completing a master of science or doctorate degree and passing a rigorous examination issued by New York State, Physical Therapists and Athletic Trainers become licensed healthcare practitioners specialized in the prevention, evaluation, diagnosis and treatment of neuromusculoskeletal disorders. The healthcare team members at PT Plus have undergone extensive orthopaedic, sports-dance medicine and manual therapy training and are adept in the biopsychosocial needs and workplace demands of individual persons.

**Ergonomic Workstation Evaluation**

Work-related musculoskeletal injuries are extremely common as well as challenging and expensive to overcome. The PT Plus team possesses expertise in workplace solutions.