



What do I Do and Where Do I Go?

Hello to all and I hope that you are safe and healthy. Man, what a tumultuous time we are witnessing right now. COVID-19, hurricanes, political strife, economic collapse, race relations boiling over and let's not forget Murder Hornets! That seems to be just the tip of the iceberg of everything that 2020 has presented us with. In times like these, we search for outlets, We search for places and people to lean and that feel safe and promising.

I would like to think that we at Elite Level PT have that kind of place. We have worked hard to make it a place where athletes can come to train, rehab and focus on them, even it is for a short time. I would like to think that we have gone above and beyond to provide a clean, safe, encouraging and positive place to come. A place where athletes can come to recover from a recent injury, improve their strength and speed and agility and, in not just a few cases, just talk and find hope. I think we have created this type of environment and I am proud of what we have accomplished. In a short time, we have become a mainstay in the community and have graciously been invited into families as if we were a beloved uncle.

In times like these, it is tough to find a place where you and your family members can feel a part of what is happening in a positive way. Heck, it is tough to find any place that seems like normal right now. With schools rolling back in-person classes again and school sports on the borderline of getting cancelled for the winter it can seem as if we will never get back to normal. Well, guess what? We think we can be a guiding light in all this darkness. We are open and have been and will continue to work hard to provide a clean, safe, healthy, positive and encouraging environment for you to rehab and train. We know it can be difficult to see the light out there right now, but we turn up and turn out every day to make sure that we are here for you. Quite simply it is because it not for you, our clientele, then we would be nothing and it is for you that we do what do and the way we do it. Providing light in a moment of darkness.



If you want to learn more about what we can do to help, you can find us at www.elitelevelpt.com