



KARATE-BASED PHYSICAL THERAPY

Objectives

This group has been a historic favorite in the community and our practice!

It is led by a Black Belt instructor and **Amy Sturkey LPT C/NDT**, physical therapist at the Midtown office with more than 25 years of experience helping children, teens and young adults.

Karate-based physical therapy addresses difficulties in:

- Balance
- Coordination
- Motor planning
- Sensory Processing
- Strength
- Timing/ Attention

Groups are formed according to skill level with age and size taken into consideration to ensure the best opportunity for success and homogeneity. A participant must be able to follow directions and not display aggression towards self or others. Groups are limited to 2 participants at this time.

Schedule

Groups meet weekly for up to 12 weeks, starting in February 2016.

Cost

Families may use available insurance benefits for some services or pay privately.

Contact

Amy Sturkey, LPT, Physical Therapist

asturkey@childandfamilydevelopment.com

704-332-4834 ext. 114