



**Join Us**  
**Community Education Series**  
**Free & Open to the Public**

Specialized Orthopedic and Sports Rehabilitation

**Thursday**  
**January 26, 2012**

**6:30-7:30pm**

**Bozeman Library**  
**Community Room**

## **“Core Exercise for the Treatment & Prevention of Low Back Pain”**

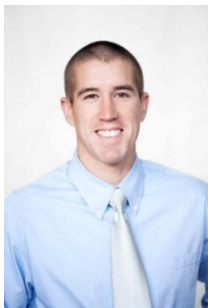
Presented by Excel Physical Therapy's  
Megan Peach, DPT, CSCS and Adam Groves, DPT

*Come Dressed to Move!*



**Megan Peach, DPT, CSCS**  
Certified Strength & Conditioning Specialist

- The two best ways to decrease low back pain problems are with education and prevention.
- We'll help you understand why you are suffering from low back pain presently or occasionally.
- Learn what to do when you experience low back pain at home or work.
- Discover how to prevent low back pain from starting and reoccurring through core strengthening. Q & A session to follow.
- More info: [excelptmt.com/upcoming-seminars](http://excelptmt.com/upcoming-seminars), 406.556.0562 or [info@excelptmt.com](mailto:info@excelptmt.com)



**Adam Groves, DPT**

### **Excel Physical Therapy** **Bozeman**

*Next to the MSU Fieldhouse*  
1125 W. Kagy Blvd.  
406.556.0562

### **Manhattan**

*Next to the Manhattan Athletic Club*  
220 Wooden Shoe Lane  
406.284.4262  
[info@excelptmt.com](mailto:info@excelptmt.com)

