



FLEXY

Flexy is Magnify Physical Therapy's monthly membership program individually designed to increase your flexibility, coordination, movement control, and confidence for functional fitness, lifting, and outdoor adventures. This program is for individuals who are trying to create long term recovery or individuals seeking injury prevention to support their current fitness program.

This program might be for you if you're always "tight", do not have the appropriate range of motion to perform your functional activities, or have frequent discomfort throughout the day due to a restrictive work place environment.

Included:

1-hour assessment: Your functional biomechanic assessment is performed by a doctor of physical therapy. This assessment can be done virtually or in-person. After you receive your movement diagnosis, your physical therapist then prescribes specific performance physical therapy interventions to target your individual needs.

Content for 2 (15-20 min) sessions/week: content is virtually sent to you (either for the whole month or 1 week at a time). You perform these interventions on your own; they can be performed at home or in your fitness facility.

Access to your doctor of physical therapy any day/time of the week via virtual messaging, phone call, or email.

Renewable monthly or as needed. (\$99/month)