

COMPREHENSIVE PARKINSON'S SERVICES



Offered by:

HARTZ Physical Therapy



"Acceptance doesn't mean resignation."



OUR MISSION:

There is power in working together and strength in numbers. CrushPD Fitness and HARTZ Physical Therapy are partnering with each other to offer the Lancaster County Parkinson's community a one-two punch with the best in preventative care, hope and support. Our teams have a passion for Parkinson's research and consistently stay up to date on the newest therapies and exercises to treat our patients and clients. It is this mutual passion that launched our partnership to work together in support of the needs of the Lancaster Parkinson's community.



We want to help you understand your body, your health and that daily exercise and regular physical therapy is as important as changing the oil in your car.

There is life outside of Parkinson's disease. If you or a loved one is suffering from Parkinson's, allow us to be part of your journey. We will help you fight to regain control of your life.



How We Can Help

Are you trying to navigate daily living with Parkinson's disease? We can help. Research shows that physical therapy & weekly exercise can improve both motor and non-motor components of Parkinson's disease.

Physical therapy and daily exercise will help with:

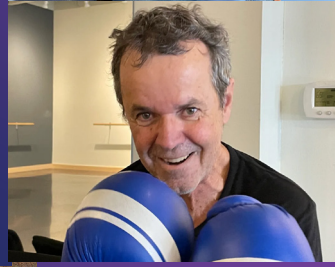
- Posture
- Balance
- Tremors
- Cognition

The staff at CRUSH PD Fitness and HARTZ PT are specialists in the treatment of Parkinson's disease and they have a passion for making a real difference in the lives of people with Parkinson's.

Our certifications include:

- Doctorate of Physical Therapy
- LSVT® BIG Certified
- PWR! Certified
- (Parkinson's Wellness Recovery)
- ACE Certified Personal Trainer
- ACE Senior Exercise Specialist
- Rock Steady Boxing Coach
- Delay the Disease Certified





Experience the difference our physical therapy can make for people with Parkinson's.

Proven fitness programs to help you turn back the clock on Parkinson's.

HARTZ

Physical Therapy

CRUSH PD

FITNESS



JOIN US
THE FIRST
WEDNESDAY
OF EVERY
MONTH

Our lecture series and support group is open to anyone in Lancaster and the surrounding area. It will offer fun, encouragement, discussions, learning and a community for those living with Parkinson's disease, their caregivers, family and friends.

For more information please check out either of our websites for locations and a list of guest speakers.

Sponsored by:



HARTZ
Physical Therapy



CRUSH PD
FITNESS

Crush PD Fitness is more than just a gym, we are about connection, community, and helping you live your best life with Parkinson's. Our coaches are highly trained to meet the unique challenges of those diagnosed with Parkinson's and we offer our members access to a wide variety of custom designed, highly effective programs with rapid, proven results.

We understand that every person's journey with Parkinson's is different, with unique challenges, and goals. We want to know what is important to you so we can work together to determine the best programs for you.

- Balance & Gait Mechanics
- Strength & Flexibility
- Initiation of Movement

- Rock Steady Boxing
- Stretching & Flexibility
- Neuro Yoga
- HIIT PD
- Personal Training
- Reiki Sessions

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35 South Willowdale Drive, Suite 122 | 717.271.3067

HOPE • POSITIVITY • MOTIVATION • SUPPORT • EMPOWERMENT • TEAMWORK