

## **The Center Welcomes its Newest Practitioner! Physical Therapist, Brian Tenenhaus, MPT, CKTP, CFMT**

### **Peak Performance Therapy and Wellness: now coming to Guilford, CT**

The Shoreline Center for Wholistic Health is excited to welcome its newest practitioner, Brian Tenenhaus, a native of Reston, VA. Brian obtained his Master's degree in Physical Therapy from Quinnipiac University in 2004. After several years of working in orthopedics he pursued his Certification in Functional Manual Therapy™ through the Institute of Physical Art, out of Steamboat Springs, Colorado. Brian has completed his manual therapy residency at Elite Health Services in Old Greenwich, Connecticut and he now brings with him a wealth of knowledge, experience, and positive energy as the founder of Peak Performance, Therapy & Wellness.

In addition to his 10+ years of clinical experience (working with the age range of 5 years old all the way up to 98 years old) he also is known throughout the area as a tennis guru, and an accomplished triathlete. Additionally, in the community, Brian volunteered for a Southington based program called "Skiers Unlimited."

Brian is coming to us as a Certified Functional Manual Therapist™, meaning, he treats the body as a whole, with a functional mindset. "I will often look at somebody's posture in their car, watch them get in/out of the car, or watch them climb stairs." The evaluation process is integral because the real key to success is finding the root cause. Anybody can make you feel better for a few hours, or even a few days, but to keep the pain from coming back over the long run, that's what separates a few therapists from the rest. Brian has worked with a very diverse population over the years including but not limited to patients with stroke, TMJD, cervicogenic headaches, fibromyalgia, chronic pain, and a vast array of orthopedic injuries.

Additionally, Brian has the "performance" side of his business. He enjoys working with all type of athletes, at any age, but believes that the earlier you can get to them, the better it is. That's the best way at preventing injury and catching them before they establish bad habits. Brian enjoys performing frame by frame, Video Motion Run Analysis, On Court Tennis Analysis, and sport specific performance work for all other athletes.

Don't wait, call now for your free "quick screen" to see where your aches or pains could be stemming from. Feeling good? Just come by to take a quick tour of the clinic!

Call now: (203) 376-7032 or email me at [brian@peakptw.com](mailto:brian@peakptw.com)