

# Peak Performance Physical Therapy

## Summer Newsletter 2012

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Melinda was selected to attend the 2013 Figure Skating World Championships as the US Team Physical Therapist. It will be held in March in London, Ontario, Canada.

She is also in contention to serve as US Team Physical Therapist for Figure Skating at the 2014 Winter Olympic Games in Sochi, Russia.



Melinda with 2010 Olympians Jeremy Abbott and Amanda Evora at the Four Continents Competition in Colorado Springs, CO in 2012.

### Summer Events:

Peak Performance was very busy this summer and involved in several community events:

#### "Boomers and Beyond Senior Expo":

Peak Performance had a booth at this event offering balance screenings, manual therapy assessments/treatment and education on how the Feldenkrais Method can help decrease pain and improve balance.

#### Pose Method of Running Seminars:

We have conducted several running clinics this summer and have received great feedback!

**Tour de Cure:** Peak Performance had a booth at this event in Woodland Park treating the cyclists and helping raise money for the Diabetes Association.

**The Triple Crown of Running:** We were an official sponsor of the Triple Crown this year and had a booth at all three events (Garden of Gods 10 Mile, Summer Round-up, and Pike's Peak Ascent/Marathon) treating the runners. We just finished up this past weekend at the Pike's Peak Ascent and Marathon. **Congratulations to all of the runners!!**

