

NEWSLETTER SPRING 2026

205 W GRAND RIVER AVE.
BRIGHTON, MI 48116



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Topics

- Gardening
- Spring Cleaning
- Pickleball

Gardening

- Wear gloves to prevent cuts, blisters and calluses to your hands.
- Use your legs, not your back to lift heavy rocks and other objects.
- Avoid doing too much. Take breaks to give your body a chance to rest.
- Stretch and warmup to make sure your body is ready.



**CONTACT US:
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Happy Spring!



Pickleball

- Wear proper footwear to avoid rolling your ankles.
- Dynamic warmup before playing to ensure you're ready to play.
- Stretch to improve flexibility and prevent injury.
- Strength train to stay on the court longer.

Spring Cleaning

- Use correct posture. Avoid twisting or hunching over.
- Use tools to reach high spaces, like step stools and dusters.
- Stretch and warmup to avoid injury.
- Get help lifting heavy things.

Pro-Motion Staff



Dr. Vincent Baylerian
DPT, PT, Owner



Dr. Susan Baylerian
PT, DPT, WCS



Dr. Alicia Reyes,
PT, DPT



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Services Provided Include

- Orthopedic/Sports Therapy
- Pelvic Floor Therapy
- Vestibular Therapy
- Gait Analysis
- Bike Fit

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WE ARE HERE AND HAPPY TO HELP!

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