

By: Bryan Labell and
Sydney Plemenik

ANPT MISSION



To provide expert individualized healthcare, to assist each patient in their recovery from injury and surgery, and to provide tools and strategies to reach the highest level of wellness independently.



Working together as teammates in
Your Quest for Health.

Owned and
Operated Private
Practice since
2006

Bryan Labell
DPT, CSCS



Licensed Physical Therapist
(#13095)

APTA Member since 1998

APTA Certified Clinical
Instructor since 2010

Penn State University (1996)

MGH-Institute of Health
Professions - MSPT (1998)

Certified Strength and
Conditioning Specialist
(#200938116) (2009)

MGH-Institute of Health
Professions - DPT (2011)



CONSULT

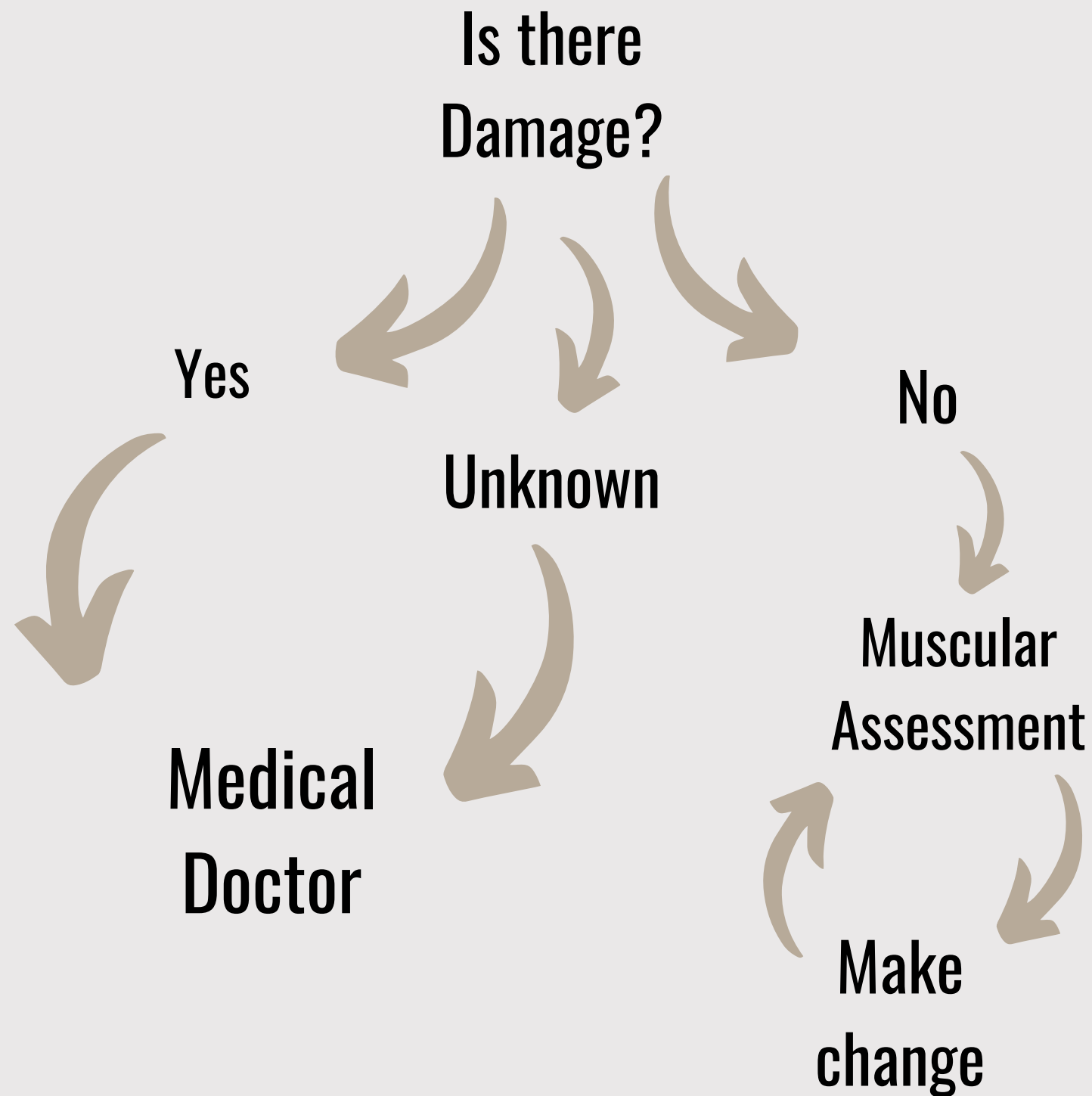
BRYAN LABELL

History Organization

Baseline Testing

Care Plan Development

SCOPE OF PRACTICE



BRYAN'S REHAB FOCUS

Muscle
Attachments

Muscle
Isolation

Muscle
Activation

Root Cause

Pacing and
Timing

Dynamic
Stability

Workout with
Purpose

Exercise with
Target Focus

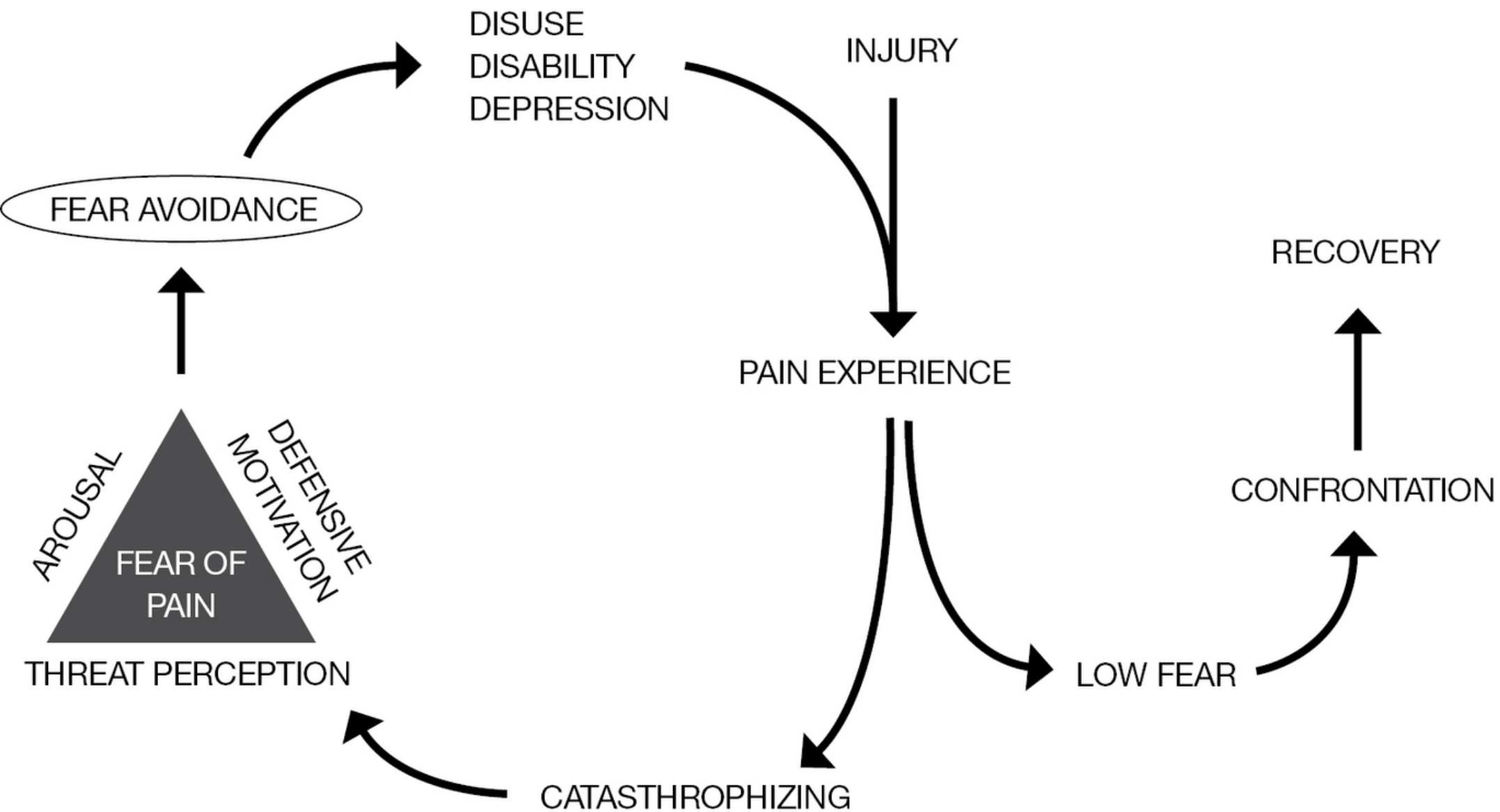
Training and.
Practice



Muscle Engineering

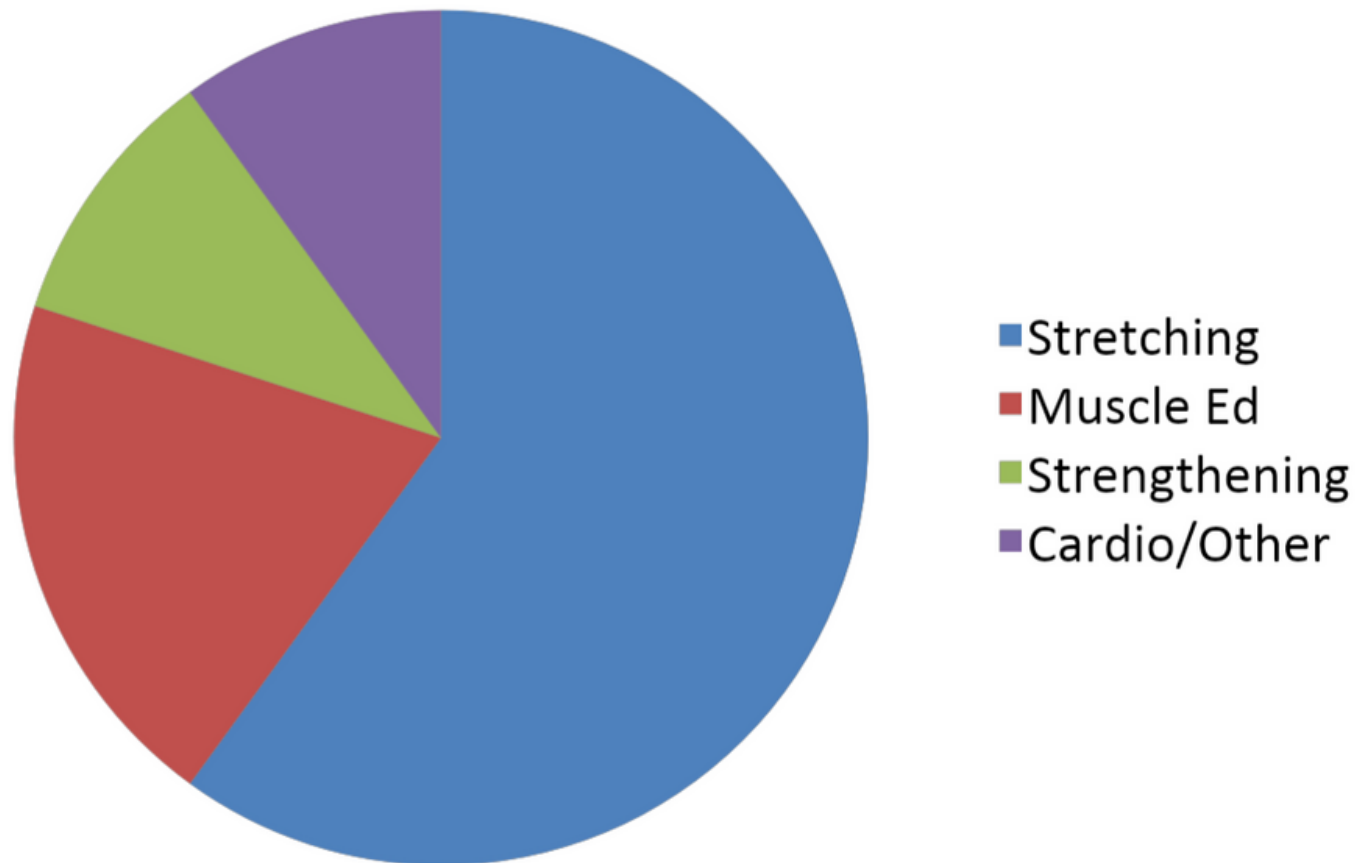
What muscles are Involved as you break your body down in order to build your body stronger?

Wellness



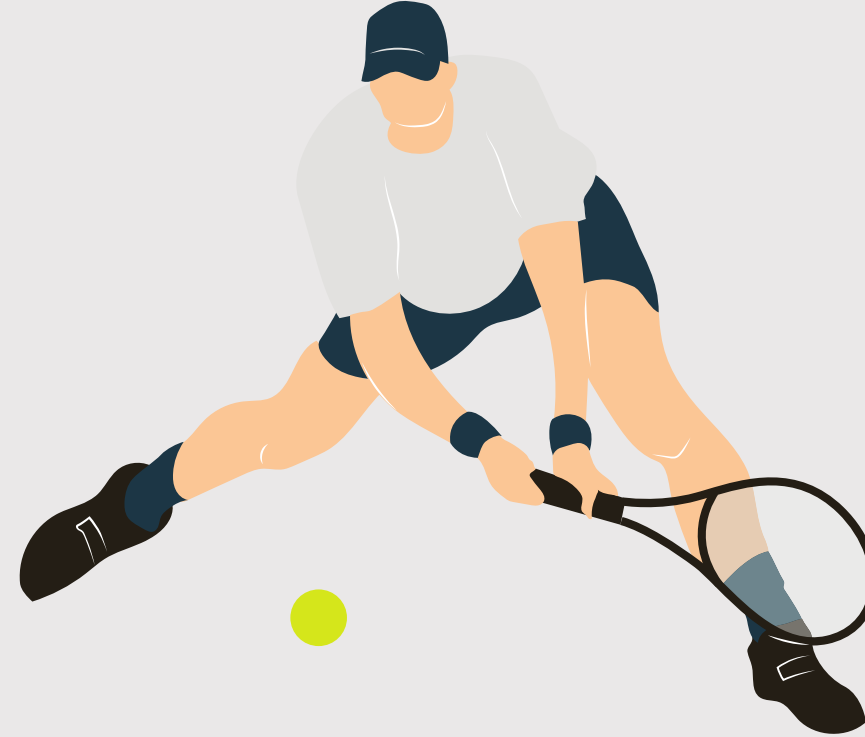
Orientation Phase

Exercise Focus



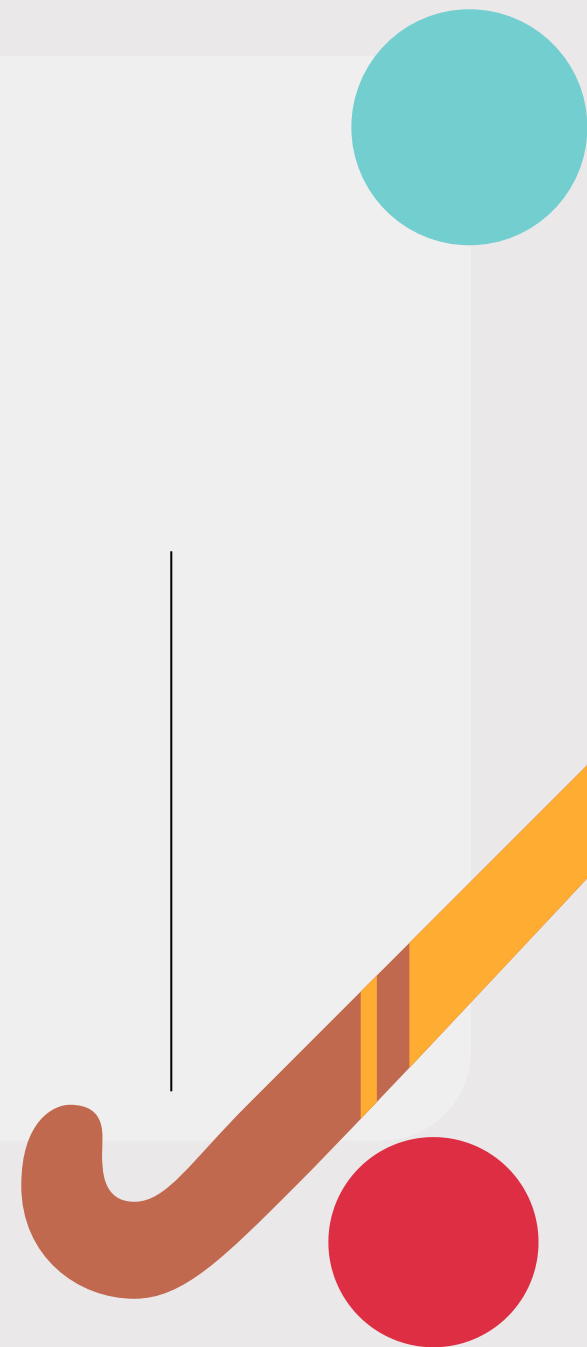
**READY TO
GEEK OUT?!**





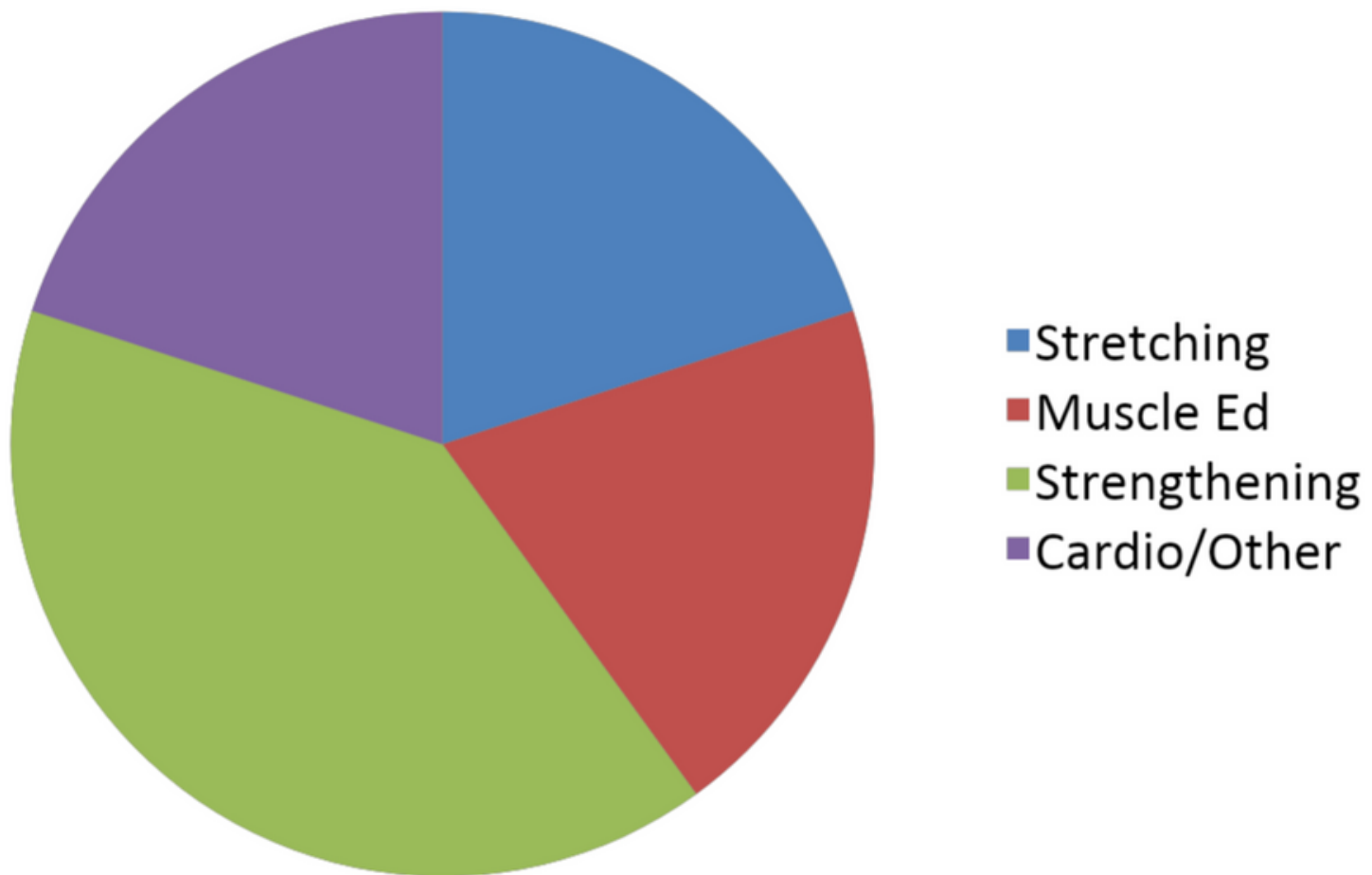
Visualization

What are your goals?



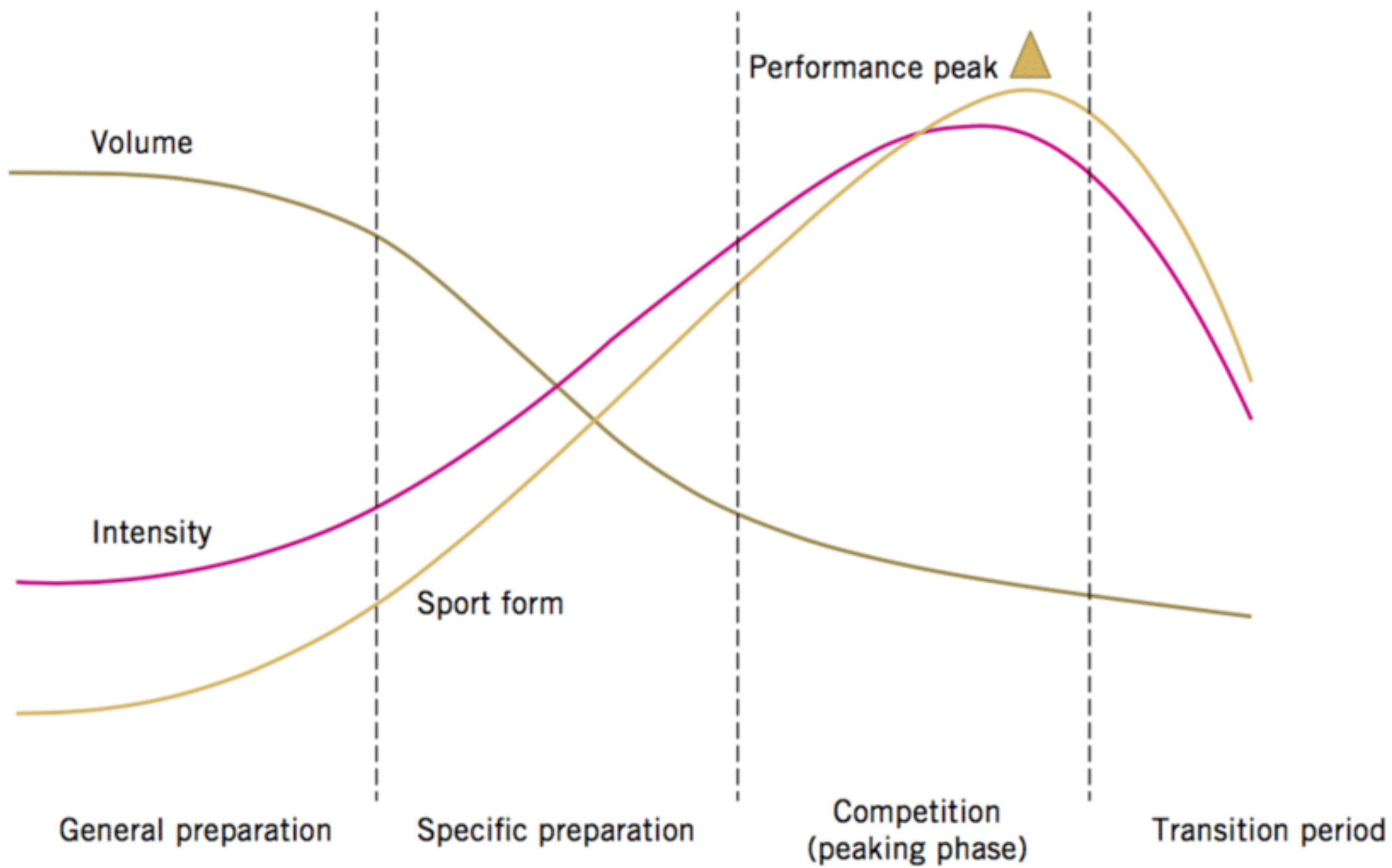
Training Phase

Exercise Focus



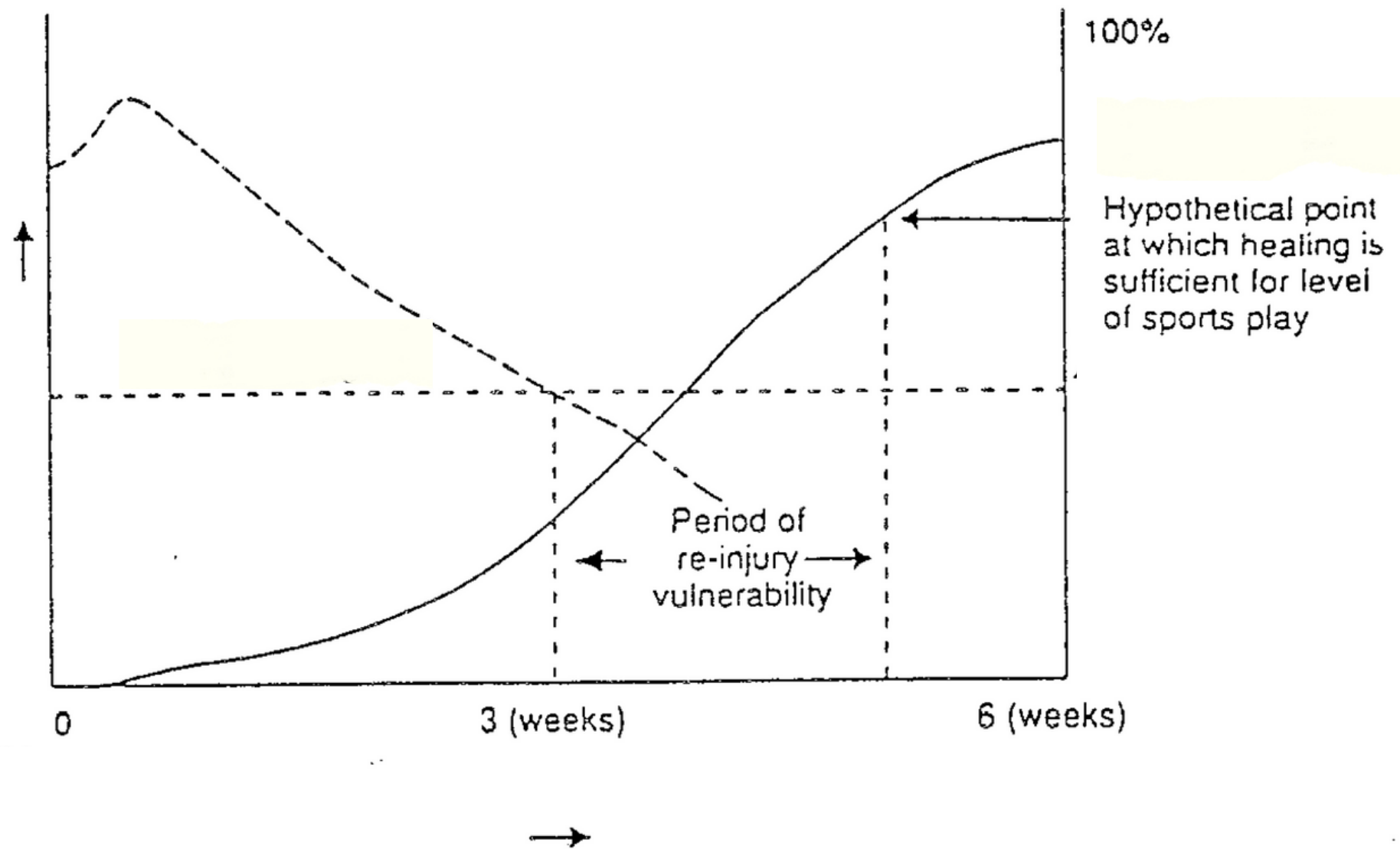
Muscle Engineering

ACCURACY	
SPEED	
POWER	
JUMPING	
AGILITY	
STABILITY	
ENDURANCE	STAMINA
STRENGTH	
NERVE-MUSCLE ED	
MUSCLE FLEXIBILITY	
JOINT MOTION	

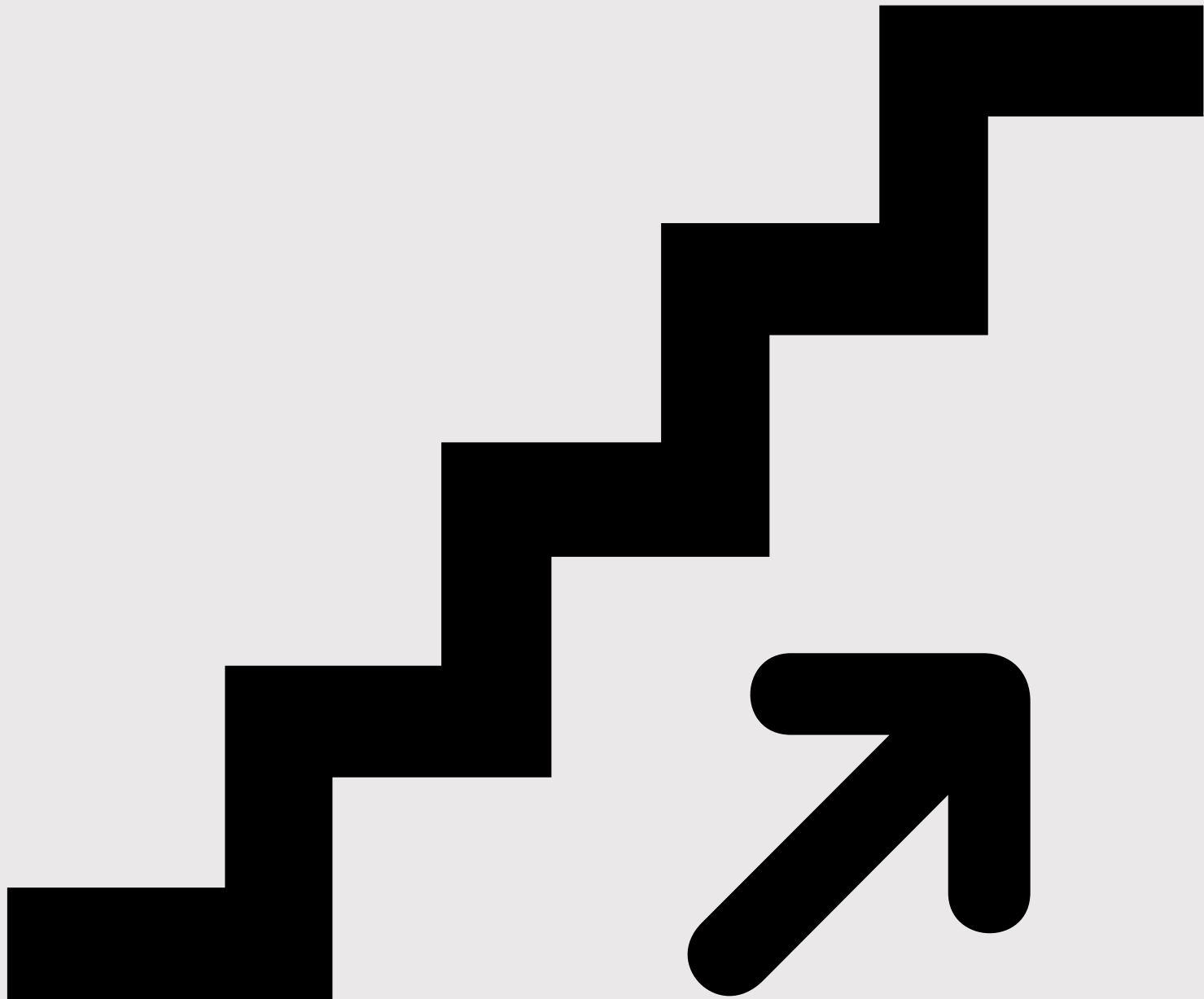


STRESS-RECOVERY-ADAPTATION

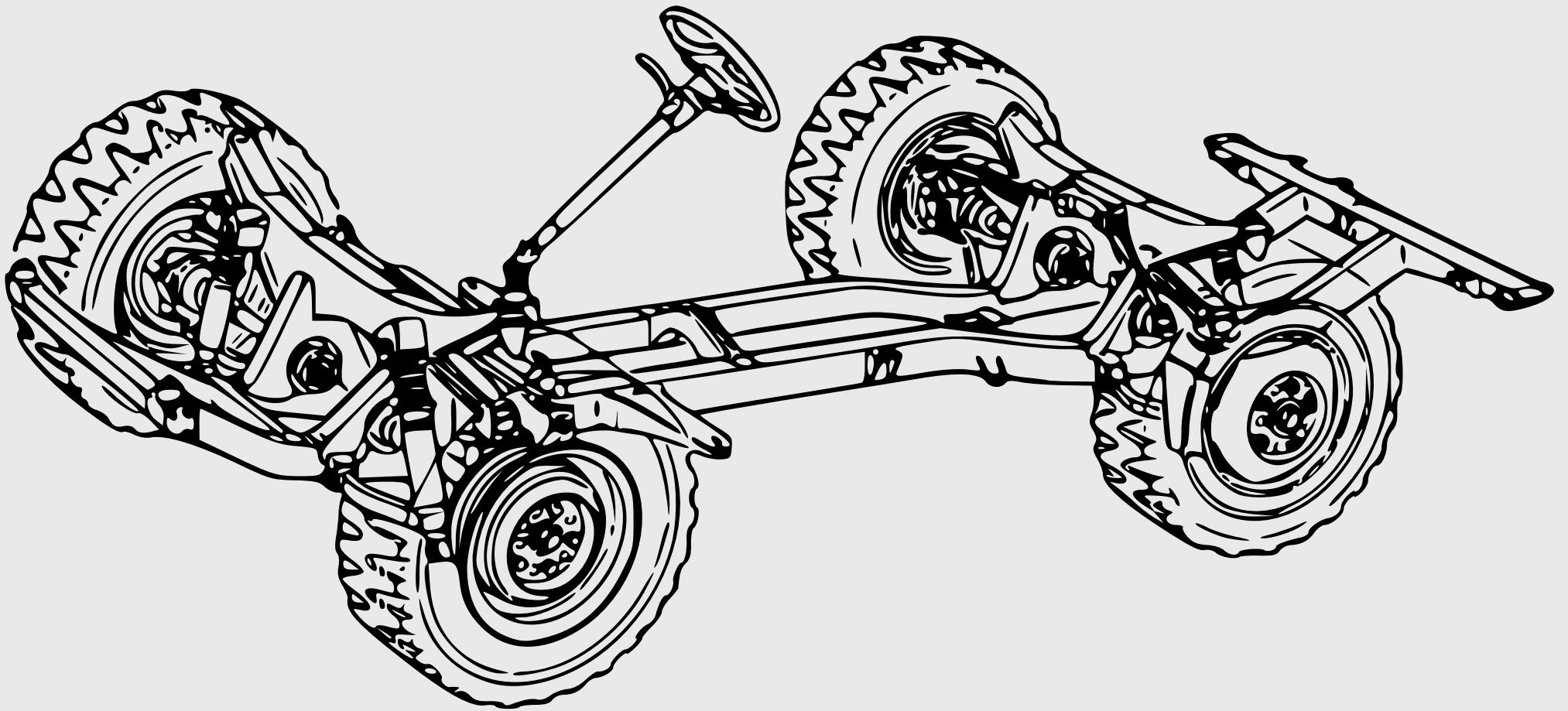




Practice and Training



Foundation Strong

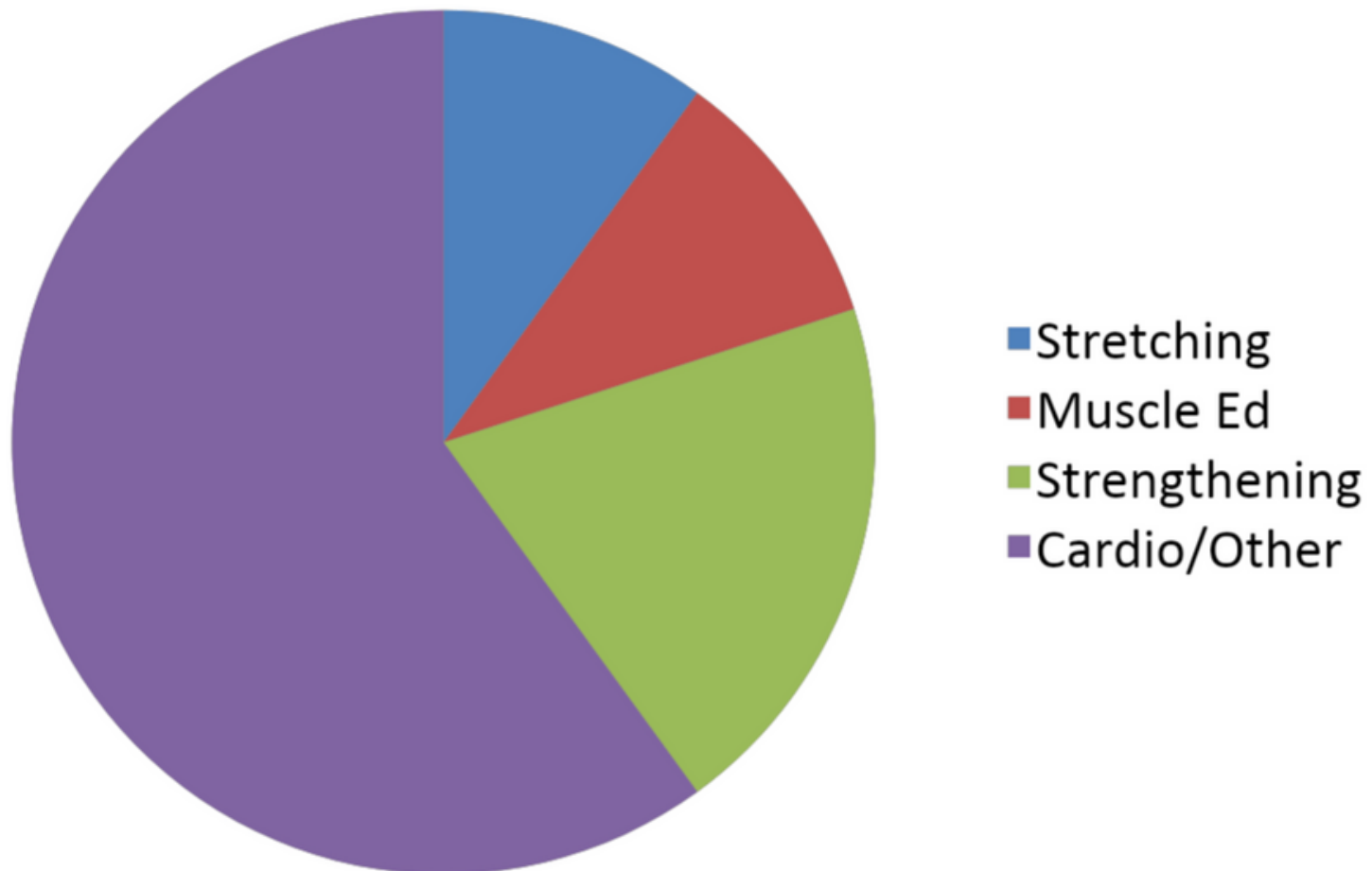


Preparation and Recovery



Transition Phase

Exercise Focus



S U S T A I N A B I L I T Y

Independence to Train

Empowerment to Practice

Confidence to Play



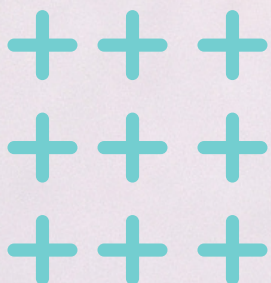
START FRESH.

STAY STRONG.

FINISH WELL!



Agile North
Physical Therapy



www.agilenorthpt.com