



IF YOU KNOW, YOU KNOW ZARETT

What do weekend warriors, professional athletes and CEOs all have in common? They all call on Joe Zarett of Zarett Rehab & Fitness in Center City to keep them in top shape for sports and activities of all kinds.

Zarett and his expert team of exercise physiologists are sought out from clients across the region and the U.S. for their unparalleled approach to fitness and overall health. The Zarett Method is a comprehensive, three-step evaluation process to identify imbalances and create a targeted exercise plan to strengthen the body with manual stretching and deep tissue work performed at the end of every session. Every program is tailored to the individual's needs.

Last year, Zarett decided to add dry needling to the center's elite offerings. It's a therapeutic technique in which a trained physical therapist inserts small, sterile monofilament needles into the skin and muscle directly at trigger points to ease pain. Zarett incorporated dry needling into the rehab plan for Amanda Sobhy. The five-time national champion squash player received treatment for an Achilles rupture post-surgical rehab that significantly sped up her recovery time and put her back



on the squash court faster than expected. Former Philadelphia Eagles Rodney McLeod, who now plays for the Cleveland Browns, also benefited from dry needling after a bicep rupture post-surgical rehab at Zarett.

While Zarett remedies all kinds of injuries, the popularity of racquet sports—notably pickleball—with recreational players has meant an uptick in calf injuries and tennis elbow. But no two injuries are quite the same—and that's where Zarett's prescrip-

tive approach to rehab comes into play. Physical therapists perform the client evaluation and design a custom program for racket sport players that's carried out by an exercise physiologist, or the physical therapist, depending on the nature of the injury. After exercising, clients not only benefit from manual stretching and massage therapy but also from techniques like cupping and Graston scraping.

Zarett says that his comprehensive program is unique because it's governed by physical therapists who provide medical supervision alongside exercise physiologists, never personal trainers. He credits his highly trained team with maintaining his rigorous standards of care. "The team at Zarett is as high level as the clientele," says Zarett, "The best talent retains the best clientele."

Call or go online today to get started. 520 S. 19th Street | 215.731.1449 | ZARETTREHAB.COM



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