

**Mind.
Body.
Spirit.**



Roper
PHYSICAL THERAPY

Who We Are.



OUR APPROACH.

At **Roper Physical Therapy**, we provide a whole-body approach (mind, body and spirit) in the treatment of pain and dysfunction. Comprehensive, individualized treatment plans are designed to promote long-term health and healing by integrating traditional physical therapy with complimentary practices, including **Myofascial Release** and **Medical Therapeutic Yoga**.

WHAT WE OFFER.

We offer personalized, safe and sound therapeutic yoga classes to groups, corporations or clubs. We are a team of licensed physical therapists with over **1,500 hours** of professional yoga therapy training. Our classes focus on the individual and their specific needs. All classes are **biomechanically safe and sound**. Our classes are appropriate for all levels, beginners to advanced, young to aged, sedentary to athletic. Our corporate classes can be taught to your organization at our beautiful yoga studio located within our PT clinic in **South End/Dilworth** or we can travel to your office, club or organization.

We Believe Self-care is Essential.

Our Community.

WE ARE HERE TO KEEP YOU HEALTHY.

We are located in the South End/Dilworth neighborhood and love connecting to businesses and corporations all around Charlotte. Working daily with patients in a variety of fields, we see the outcome of poor postural habits and “tech neck” that can stem from sedentary work and life environments.

In order to PREVENT long-term health problems, our mission is to provide education and movement to you and your employees.

We offer specialty lectures that can be tailored to your needs such as: ergonomic workshops, foam roll workshops, and of course self-myofascial release workshops, all to help you and your club, staff or organization live healthier, more productive lives.

“Wellness programs don’t work unless you create a culture in which it is acceptable and encouraged to prioritize self-care. When you do, however, the results are profound.”

— HARVARD BUSINESS REVIEW

Our Workshops.

MEDICAL THERAPEUTIC YOGA (MTY).

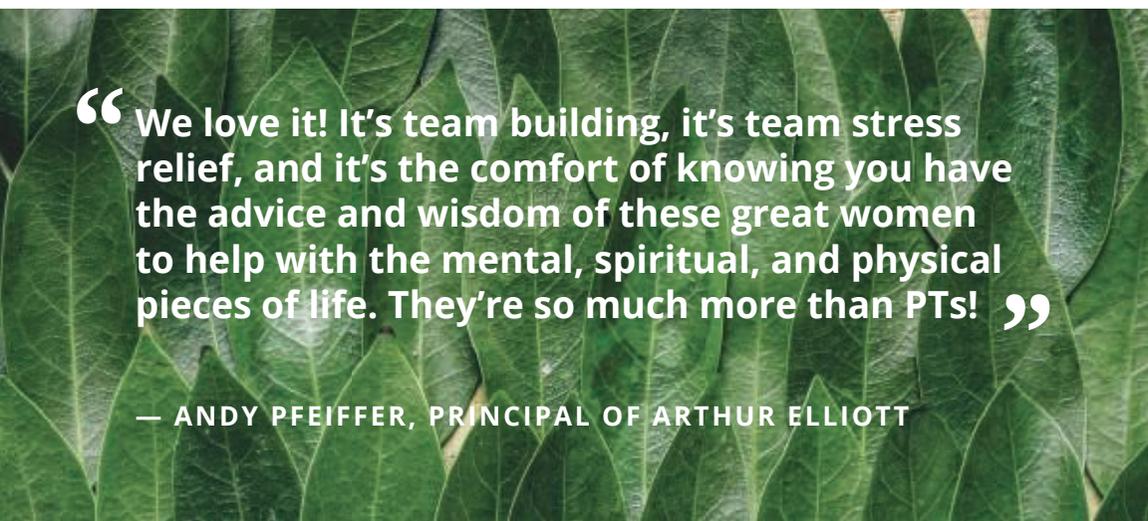
MTY utilizes a holistic, bio-psychosocial model of care. It combines the expertise of a physical therapist with the traditional components of yoga, making it safe for all ages, including employees with medical diagnoses. Many studios offer yoga therapy classes. However, that does not mean that the instructor has a medical background. For instance, did you know that our PTs went through more than 1500 hours of training for MTY? Book a session today to begin focusing on breath work and yoga postures, providing a safe platform to build upon for you and your employees. We offer sessions at our peaceful studio that accommodate up to 10 participants, or we can come to your location where we can include rental of equipment if needed.

30 TO 60 MINUTE SESSIONS. \$150 PER SESSION. CAN REPEAT WEEKLY.

CORPORATE SELF-MFR.

The Self-Myofascial Release workshop is a class designed to teach techniques for releasing areas of tension around the body using a variety of tools including a foam roller, ball, Theracane, Occipivot, as well as our hands. We start with the basics of self-MFR and the importance of breathing and decreasing our flight-or-fight response. We also discuss the interdependence of the fascia across multiple regions and why treating in one area can help alleviate symptoms in another area. This workshop can help your group decrease aches and pains related to stress, posture, and/or physical requirements of a job, while also promoting prevention of injury.

60 MINUTE WORKSHOP FOR \$300.



“ We love it! It’s team building, it’s team stress relief, and it’s the comfort of knowing you have the advice and wisdom of these great women to help with the mental, spiritual, and physical pieces of life. They’re so much more than PTs! ”

— ANDY PFEIFFER, PRINCIPAL OF ARTHUR ELLIOTT



IS YOUR DESK KILLING YOU? PRESENTATION.

We discuss the mechanical and physiological changes that occur with prolonged sitting. With increased time sitting at desks, in cars, and looking at laptops and phones, terms like “tech neck” and “sedentary athletes” are buzzing. We look into how our postures have evolved with technology and what we can do to combat the negative effects of sitting. We introduce a few desk yoga “routines” to help add movement into the workday.

60 MINUTE PRESENTATION FOR \$300.

MEDITATION.

In the hustle and bustle of open offices and connection to the electronic world, do you find yourself or your employees often in a mode of procrastination or using valuable time being distracted? Do you want to try meditation but aren’t sure how to begin or really what the value is? Are you interested in the physical, mental and spiritual benefits of meditation? Here is a beginner course to help you and your company seek a resting state so that they can begin to be more efficient and productive with their time on and off the clock.

30 MINUTE, 60 MINUTE OR 3 HOUR SESSIONS.

\$150-\$300, FOR UP TO 10 PEOPLE. CAN REPEAT WEEKLY.

GRATITUDE WORKSHOP.

The Attitude of Gratitude is often spoken of in the home setting. But what would your company look like if you practiced Gratitude in the workplace? How does this affect your team’s environment at work, your product and your customer service? Learn why Gratitude is important and key strategies to implement in your office and with your customers right away.

60 MINUTE WORKSHOP FOR \$300.

ADAPTING HEALTHY HABITS.

The medical world defines health as the absence of disease. Is that how you want to define your health? What is the physiological effect of our habits on our health? How do you help you and your employees establish a guideline or a pathway to a better version of themselves? This workshop will introduce the concept of the Pentagon of Wellness and its relationship to unraveling stress and its effects on the body. We provide immediate lifestyle changes to incorporate wellness the next day at work to benefit you, your employee and your team's perspective overall.

60 MINUTE WORKSHOP FOR \$300.

ATHLETICS CLUBS/TEAMS.

We offer injury prevention through medical therapeutic yoga, which is strength, stability and flexibility oriented. Physical Therapy can be utilized as a proactive tool to help decrease the risk of being injured for most athletes. We can provide injury prevention workshops as well as gait/workout analyses for running clubs or teams.

30 TO 60 MINUTE SESSIONS. \$150 PER SESSION. CAN REPEAT WEEKLY.



**Our Team is
Dedicated to
Your Health.**



CHRISTINE ROPER

MSPT, PYT

Christine is the owner and founder of Roper PT. She opened her own practice in 2003 and has served over 25 years as a licensed physical therapist. She has a passion for combining traditional physical therapy with alternative modalities for the treatment of pain and dysfunction. She works closely with partners in the community and in 2019 was named NAWBO Charlotte's Woman Business Owner of the year!



LYNNE RAY

PT, PYT

Lynne currently has over 1,500 hours of training in medical therapeutic yoga. She has been a guest speaker at Wingate University, covering topics about medical based yoga and myofascial release. She has also enjoyed being an educator and facilitator of medical based yoga to several mid-sized companies within the Charlotte area.



RACHEL GORMAN

PT, DPT, OCS, PYT-C

Rachel has a strong interest in integrative medicine and has studied Medical Therapeutic Yoga through the Professional Yoga Therapy Institute. She enjoys using a combination of manual therapy, trigger point dry needling, and Medical Therapeutic Yoga to address a wide range of orthopedic issues.



RACHEL GMACH

PT, DPT, COMT, PYT-C

Rachel has a multifaceted approach to physical therapy with an emphasis on the whole person. Through her own journey with chronic pain, Rachel understands that every individual she treats has a unique story and requires a unique treatment plan. She now enjoys an active, pain-free lifestyle and enjoys helping others achieve the same.



CAY MOORE

PT, ERYT 200, PYT-C

Cay has been teaching yoga classes at Roper PT for many years and has recently started seeing more physical therapy clients. Cay worked mostly in inpatient and outpatient rehab and in a variety of settings across the US as a traveling physical therapist. She became interested in yoga during the pregnancy of her first child and began studying fitness yoga.



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**QUESTIONS?
DON'T HESITATE TO CONTACT US!**

980-298-6706

FRONTDESK@ROPERPT.COM

**301 E. TREMONT AVE, SUITE B,
CHARLOTTE, NC 28203**

AND AS ALWAYS, THANK YOU TO OUR COMMUNITY PARTNERS!

