

react
PHYSICAL THERAPY

GAME ON

TUNE UP YOUR GAME & BODY FOR PADDLE TENNIS SEASON

Saturday, November 3rd 7:30am - 10:00am

Winnetka Park District Paddle Hut



FREE SEMINAR for all paddle tennis players “Mobility and Stability for the Competitive Paddle Player” plus free injury screenings by React Physical Therapy

The long and cold paddle season has begun! Please stop by and join React Physical Therapy’s Kaitlin Iversen, DPT and strength coach Jackson Davenport for a FREE educational, hands-on approach to mobility and stability seminar focused on injury prevention in paddle players! Free Injury Screenings start at 7:30am and the seminar begins at 9:30am.

WHO IS REACT? We're a boutique PT group with five locations in the Chicagoland area, including Wilmette. We are the sole provider of the Reavy Method, a whole body approach to PT, and we work heavily with an athletic population and numerous pro athletes. Our passion is working with athletes, striving to create a positive and lasting impact on their performance on and off the court. We believe that building a strong foundation for movements associated with the specific sport will create a stronger and more balanced athlete. This will lead to injury prevention and allow for increased time for competitive play, which is our ultimate goal.

LAKESHORE EAST

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Unit 108
Chicago, IL 60601
312-929-3646

NORTHBROOK

 at TCBoost

600 Waukegan Rd
Unit 122
Northbrook, IL 60062
312-720-6784

SOUTH LOOP

1550 S Indiana Ave
Suite 100
Chicago, IL 60605
773-505-0584

WEST LOOP

225 S. Sangamon St
Chicago, IL 60607
312-243-9350

WILMETTE

1215 Washington Ave
Wilmette, IL 60091
312-835-3117

Find out more at bereact.com

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