

# PHYSICAL THERAPIST FOR OLYMPIANS BRINGS 'BEST IN CLASS' TO CINCINNATI

You don't have to be an Olympic athlete to be treated like one. A trip to ReActive Physical Therapy in Montgomery, will prove this to be true. Motivated by his experiences working at the Olympic Training Center and serving as a member of the Medical Staff at the Beijing and London Paralympic Games, Doug Rempe set out to bring the same elite level of physical therapy and athletic training to Cincinnati by founding ReActive Physical Therapy.

"Olympic athletes, and Paralympic athletes in particular, have unique physical challenges that require highly individualized care. The Olympic Training Center provided the necessary time and resources to deliver that level of care," says Rempe. "People in Cincinnati are no different and deserve the same level of customized care that I now provide through ReActive P.T. right here at home."

Rempe founded ReActive P.T. to provide a personalized approach to physical therapy. It begins with a private one hour biomechanical

evaluation. The time Doug dedicates to evaluating and listening to each patient provides him with an in depth understanding of how a variety of factors may be contributing to what may seem like an isolated problem. "Equipped with this understanding I develop a unique treatment plan that addresses each contributing factor," says Rempe. Follow up treatments also provide one hour of one on one time with Rempe. After each visit, personalized progress reports are emailed to both patients and their physicians.

Beyond his work with U.S. Paralympic and Olympic athletes, Rempe has 18 years of experience as a physical therapist and athletic trainer in Cincinnati. This experience has equipped him with the skills necessary to provide a broad range of services from injury assessment, treatment and prevention to post surgical rehabilitation. Rempe is equally proficient performing gait analysis, balance training, functional core training and biomechanical screening for indi-

Photography by Liam O'Connell





viduals interested in beginning a new activity or returning to a prior one. ReActive P.T. patients have exclusive access to Rempe's patented RehabReactor, an exercise device he created to move patients from partial weight bearing activity to advanced conditioning and resistive training.

ReActive P.T. provides Direct Care physical therapy, a relationship-based approach that provides unrestricted treatment and enhanced quality of care much like the care he is able to deliver when working with Paralympic athletes. "When working directly with patients outside of their insurance plans I am able to provide comprehensive tailored treatment that is often not possible under the constraints of typical insurance coverage," Rempe explains.

Suzy Rosenberg, is a ski patroller and current patient. "I was injured during a backcountry ski-touring vacation and feared the worst after my ACL replacement surgery. My doctor reported severe patellar arthritis and warned me to limit all future athletic endeavors." With Doug's individualized training program and unique RehabReactor physical therapy device, Rosenberg not only has returned to skiing, but is looking forward to an upcoming trip out West. "I simply could not have achieved this level of function with my current insurance-based P.T. plan," states Rosenberg. She went on to say "Doug's approach is nothing like insurance based P.T. He works with the individual, taking into account their previous history, current condition and desired goals. It's truly a unique experience."

Although ReActive PT operates as an out of network provider, prepaid HSA spending accounts can be used to pay for all visits and do not require a physician prescription.

ReActive P.T. is located within the Pilates Center of Cincinnati. "The decision to open ReActive within the Pilates Center was an intentional one," says Rempe. The Pilates Center of Cincinnati offers private and small group classes with an emphasis on individual attention. The instructors are some of the most extensively trained teachers in the Cincinnati area. "Our services and approach are uniquely aligned and create an exceptional combination of care for those who need it," explains Rempe.

By emphasizing personal relationships with patients, Rempe enhances understanding, accelerates recovery times and maximizes physical performance. "The only way to fully understand the exceptional treatment provided at ReActive P.T. is to experience it firsthand," Rempe says. You may not be preparing for an Olympic event, but achieving the ability to move and function at an optimal, pain free level is just as important. ReActive P.T. can get you there. ❖

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