



The Apex Advantage



Upcoming Events:

JUNE 9-18TH
Jamestown
10-Year
Celebration

Open House
Party
June 18th
4-6PM



SCAN FOR
EVENT PAGE

Summer is finally here! As schedules fill with golf outings, vacations, yard projects, and time spent outdoors, it's the perfect opportunity to focus on moving well and feeling your best.

This season reminds us that lasting progress doesn't happen overnight—it comes from the small, consistent choices we make every day. At Apex, we're here to support those choices by helping you stay active, prevent injuries, and enjoy the activities that matter most. Here's to a healthy, active, and pain-free summer!

MEN'S HEALTH MATTERS

Pelvic floor dysfunction can affect men of any age, causing symptoms like urinary urgency, pelvic pain, constipation, and erectile dysfunction. These issues are common but not something you have to live with. Pelvic physical therapy offers effective, non-invasive treatment to help restore function, confidence, and quality of life.



Schedule with one of our Men's Health Providers today!

The Importance of Early Detection in Scoliosis

Could your child have scoliosis without knowing it? Scoliosis often develops during growth spurts and may show no signs of pain. In her latest blog, Kass Jones, PT, DPT, explains why early detection is critical and how timely intervention can make a lasting difference.



How Breathing, Your Core, and Pelvic Floor Work Together

What does your breathing have to do with your pelvic floor? According to Dani Anderson, PT, DPT, quite a lot. In this month's blog, Dani explores the concept of the "pelvic canister" and explains how the diaphragm, core, and pelvic floor work together to support movement, stability, and pelvic health.



CREATINE POWDER

Build strength from the inside out.

- Supports healthy muscle strength & performance
- Supports cognitive function & brain health (mental clarity)
- Supports healthy aging & muscle maintenance
- Supports post-exercise recovery
- Supports energy production



IN-CLINIC ONLY

