



Gil

Physical Therapist

Q. What does physical therapy mean to you?

A. Physical Therapy is such an integral part of my life for over 13 years and can't think of a better profession that fits so well to my personality and skillset. As a profession, physical therapy is the only field in western medicine that the therapist only uses his hands and mind to treat and heal his clients. Also, physical therapy promotes wellness, healthy lifestyle and preventative medicine, which is the most effective treatment there is.

Q. Why did you decide to become a physical therapist?

A. I've always planned to learn a profession that involves interaction with other people. This, along with my passion to sports and human body studies made it an easier choice for me to become a Physical Therapist.

Q. What do you hope clients gain from attending your physical therapy sessions?

A. My main goal during therapy sessions is to make sure my clients have a sound understanding of their injury and also understand our mutual collaboration to treat and heal their injury. Furthermore, clients will recognize how powerful is their body to naturally heal most of their injuries and symptoms.

Q. Why are your physical therapy sessions special?

A. Each treatment involves continuous assessment of the clients progress, therefore each session is different and comply

with the client current symptoms. In addition, as a manual therapist I like to combine different philosophies and approaches and tailor them specifically to the client.

Q. What is your favorite move on the Kinesis wall? Off the wall?

A. As a relatively newbie for Kinesis I must say I really like all the moves. The one I remember the most (the hardest so far...) is both hands chest press/punch while standing on the wooden disc. Off the wall any plank is a fun 60 seconds

Q. How do you address holistic health in your life?

A. Thanks to my wife, we keep a healthy balanced diet at home. Also, I LOVE sports and to stay active, try to exercise at least 3 times a week with Tennis, Trail Running, Kinesis, Basketball and Snowboarding.

Q. What is the one thing you think every person can do to improve their health?

A. Most important thing is our mind, thus, I must say that positive thinking will promote better life and better health.