

## Free Physical Therapy Pickleball/Tennis Clinic

The Glens Falls Hospital Rehabilitation Centers and the Bolton Pickleball Club are offering a **FREE** 1 ½ hour clinic focusing on preventive dynamic warm up/stretching, strengthening, & balance exercises along with education on treatment concepts for common injuries associated with pickleball and tennis general overuse conditions.

The clinic will feature 4 stations which last 20-25 minutes each.

Date/Time: July 11, 2024, Thursday 3:00-4:30pm

Location: Rogers Memorial Park, 4928 Lakeshore Drive, Bolton Landing, NY 12814

Please contact Joyce Dev by email: [joycedev0991@gmail.com](mailto:joycedev0991@gmail.com) if you wish to attend this clinic. Max capacity for this clinic is 50 attendees!

Contact information for the guest Physical Therapists:

Gary Frasier II, PT, CSCS ([frasiegi@glensfallshosp.org](mailto:frasiegi@glensfallshosp.org)); 518-926-2000

Brenden Rillahan, PT, CSCS, ([brillahan@glensfallshosp.org](mailto:brillahan@glensfallshosp.org)); 518-926-2040

Aubrey Reardon, DPT, ATC ([AREardon@glensfallshosp.org](mailto:AREardon@glensfallshosp.org)); 518-926-2000

Andrew Bishop, DPT ([ABishop@glensfallshosp.org](mailto:ABishop@glensfallshosp.org)); 518-926-2000

Gary, Aubrey & Andrew work out of The Rehabilitation Centers of Glens Falls Hospital on 2 Country Club Road, Queensbury, NY 12804

Brenden practices out The Rehabilitation Centers of Glens Falls Hospital at 17 Main Street, Queensbury, NY 12804

Look forward to seeing you on the court!!

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