

PURE

PHYSIO

**REHAB.
RECOVER.
PERFORM.**



OUR STORY

After years of practicing in hospital-based and high-volume physical therapy clinics, we identified a need for quality 1-on-1 physical therapy.

Patients deserve a product that matches their needs.

At Pure Physio, we have created an environment and treatment model dedicated to seeing the big picture and being a solution to the problem.

After opening our doors in 2015, we've had the privilege of helping thousands of patients just like you.

We understand what it means to be limited by pain. To no longer be able to do the things you love doing.

**YOU DESERVE SOMETHING BETTER.
YOU DESERVE TO WORK WITH PURE PHYSIO.**

OUR WHY

At the the forefront of advanced rehabilitation and performance, Pure Physio consists of a team of licensed physical therapists that understand what it means to have goals and how important it is to achieve them.

Pure Physio helps thousands of patients and athletes find a solution to their problems and return to the lifestyle they desire.

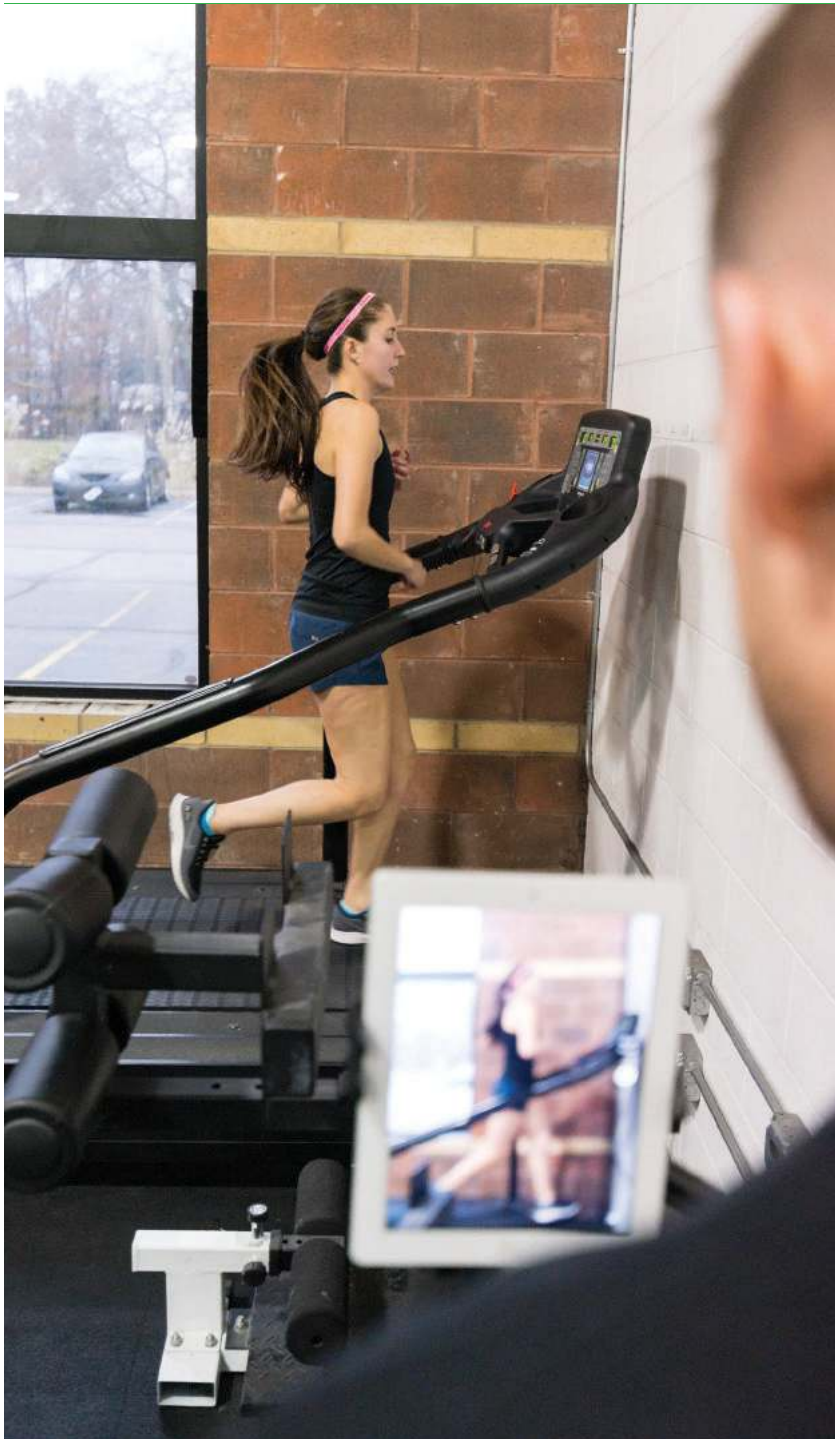
“I have tried everything” is phrase we’ve heard many times. Start telling yourself this instead: **“I haven’t found nothing that works for me, yet.”**

Do you want to eliminate pain and fear of injury without giving up the activity you enjoy?

We help give you the power to be yourself, to do the things you love to do and need to do be the happiest and healthiest version of yourself.

WE CAN HELP YOU TODAY.





OUR WHAT

Feel better. Move better. Perform better.

Pure Physio is privately-owned physical therapy company that is re-imagining what true patient care looks like.

As athletes ourselves, our treatment model is designed to help those who live an active lifestyle; those who don't sit back and let life happen but choose to be the very best version of themselves!

We specialize in providing 1-on-1 care, utilizing a whole-body approach to identify and treat to the “cause” of your injury to ensure that you can perform at your highest level and reduce your risk of injury. Our goal is to maximize your health and wellness because we believe you should live your life to the fullest without restraints.

**REHAB WITH PURPOSE.
TRAINING WITHOUT FEAR.**

OUR HOW

Physical therapy is a rehabilitation specialty that remediates impairments and promotes mobility, function and quality of life through examination, diagnosis, prognosis and intervention.

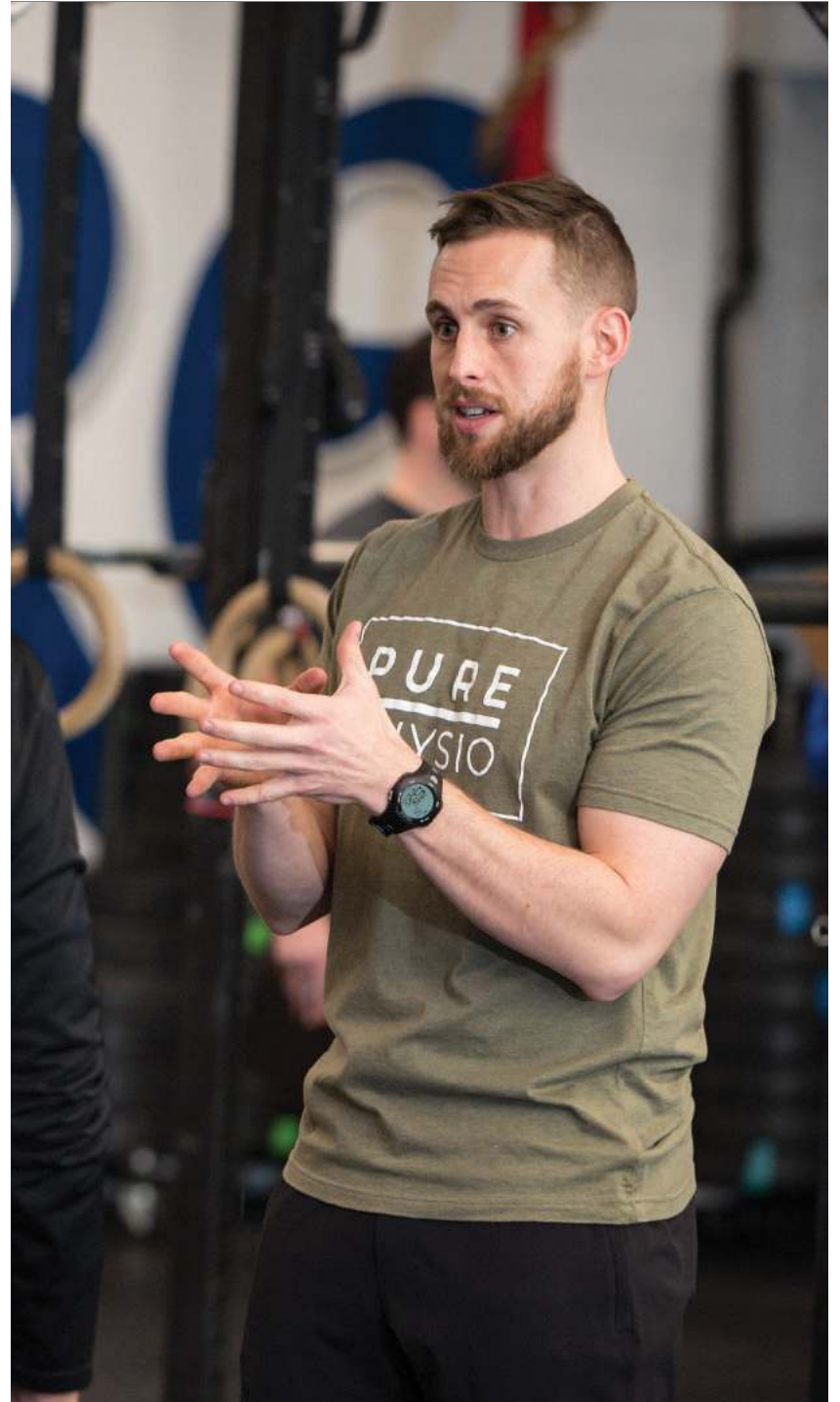
At Pure Physio, we utilize the most current and innovative examination and treatment techniques to ensure that you are able to perform and function at your highest level.

Our process is simple: Assess, don't guess.

You will undergo a thorough musculoskeletal and functional examination to identify and diagnosis your injury, impairments or imbalances that may be causing pain or dysfunction.

Our assessment process analyzes your joint mobility, flexibility, strength, endurance, balance and motor control to determine the cause of your injury.

**WE CREATE A PLAN BASED OFF YOUR
NEEDS, WANTS AND GOALS.**





OUR WHO

Most doctors tell you to stop training, stop running, stop lifting heavy and to forget your goals because this your 'new normal' and there's nothing we can do to help you.

We aren't those doctors. Why?

We're athletes ourselves, we train hard, we have goals and love helping other achieve theirs no matter how big or small.

Our mission is to provide the highest quality, most innovative rehabilitative services to patients of all ages.

We are the rehab and performance specialists of Ohio.

At Pure Physio, our goal is to maximize every patient's level of performance and wellness.

Since opening our doors in 2015, we've helped thousands of athletes eliminate pain without leaving the gym.

ONE REASON WHY? TRUST.

**YOU CAN
ELIMINATE YOUR PAIN.**

**YOU CAN
PERFORM BETTER.**

**YOU CAN
RESOLVE YOUR INJURY.**

**YOU CAN
LIVE A BETTER LIFE.**



TRUST

Pure Physio is the company that builds connection and results through trust.

Trust that you can perform movements in a way they are built for you, this is done through our movement screen.

Trust that your rehab is designed with intent, based on what you need vs what you've been told you should do, this is done through our assessment process.

And the best part, exercises may be the least important thing we do.

Our solution takes into account the above, but digs down to a deeper connection with your physical therapist to help you uncover why your problems are problems.

REHAB. RECOVER. PERFORM.

**BRIDGING THE
GAP FROM
REHAB TO
PERFORMANCE.**

OUR TEAM





DR. MATTHEW STEVENS, PT, DPT
FOUNDER & CO-OWNER

MEET MATT

Dr. Matthew C. Stevens PT, DPT graduated from Walsh University in 2010 with a doctoral degree in Physical Therapy. He attended Baldwin-Wallace College for his undergraduate studies in Pre-Physical Therapy and Exercise Science, where he also played collegiate football for four years. His clinical expertise include outpatient orthopedics, post-operative rehabilitation and sports injuries. Matt was certified to perform dry needling by the American Dry Needling Institute in 2012. His post-graduate studies has been focused on manual therapy of the spine and extremities including Maitland and McKenzie techniques and diagnosis of shoulder pathology in throwing athletes.

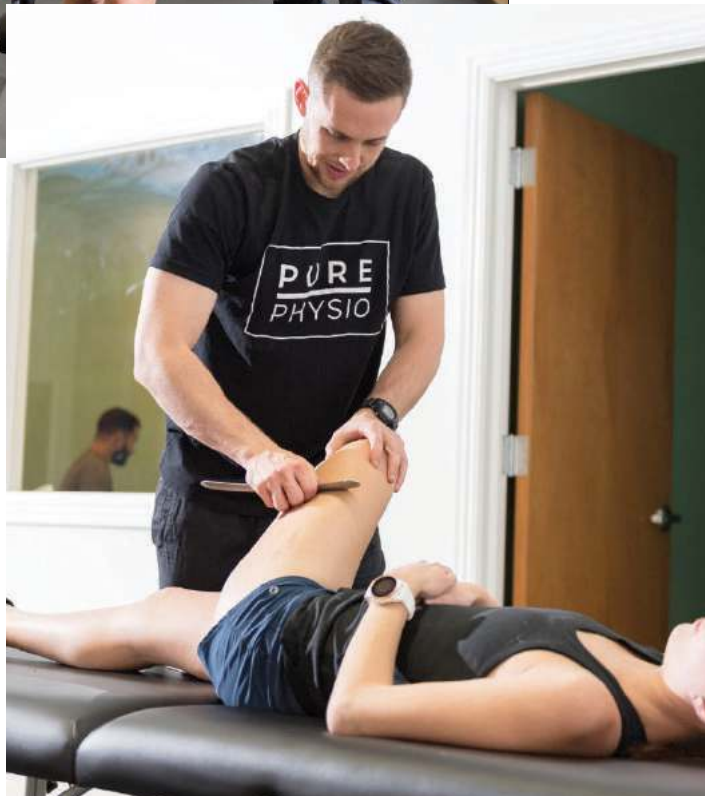
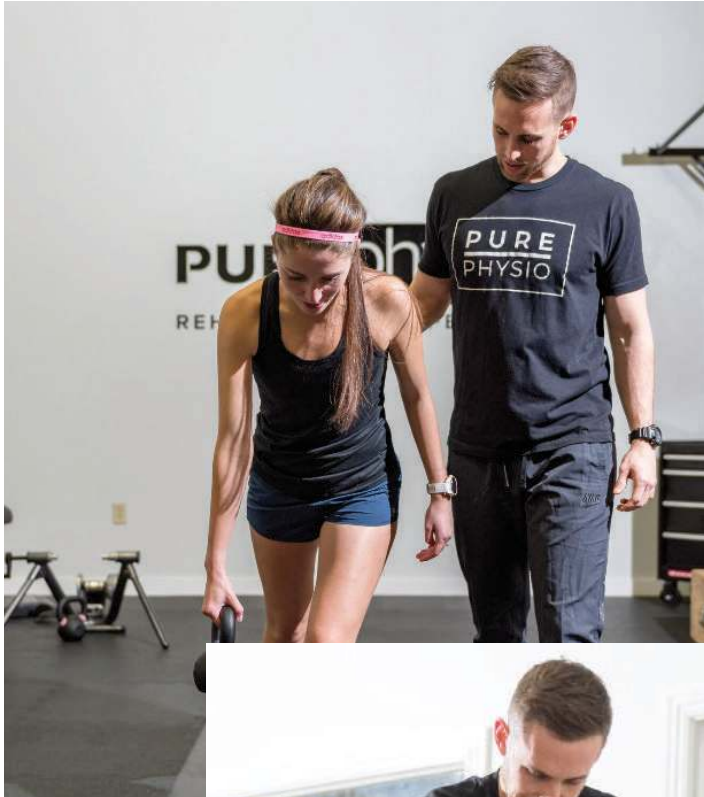
In January 2015, Matt founded Pure Physio in Strongsville, Ohio to provide the community and Greater Cleveland area with the most innovative rehabilitation services. Matt's ongoing commitment to education and training ensure that his patients receive the most current and effective treatments, including hands-on manual therapy, dry needling and corrective exercise. When Matt is not treating patients, he enjoys training for triathlons, cycling, crossfitting, water skiing, and practicing yoga.





**DR. RYAN SUMMERS,
PT, DPT, CSCS, CERT. DN**

CO-OWNER



MEET RYAN

Dr. Ryan Summers is a physical therapist and Certified Strength and Conditioning Specialist located in the greater Cleveland area. Prior to arriving in Cleveland, Ryan spent four years traveling and practicing throughout the United States, from Hawaii to Boston, Seattle to Richmond, and various other cities in between.

Working with dozens of gyms and hundred of athletes in his career has allowed him refine the toolbox of skills he uses to help you achieve your goals.

Furthermore, he has experience working in a multitude of sports rehabilitation and orthopedic outpatient clinics with patients ranging from the elderly to elite athletes to Special Operations Forces at Fort Bragg.

This extensive level of experience has allowed Ryan to develop a reputation within the community that very few people can match. Through a commitment to the process and utilization of his unique skill set, he strives to be the compass that guides you to a life of optimal performance and improved overall well-being.

**IT'S YOUR
JOURNEY.
DON'T BE
ORDINARY.**



PASSIONATE

On purpose.

If you ever want something to be great, love it.

These days it is cliché to say “do what you love and you will never work a day in your life.” Make no mistake about it, we chose to do what we do on purpose.

We love what we do. We are passionate about what we do.

We will let our patients decide if we are great at what we do.

**ONE THING IS FOR SURE, WE WILL BE
BETTER AT IT TOMORROW THAN WE
WERE TODAY.**

**WE BELIEVE
IN THE
POWER OF
EDUCATION.**



WORKSHOPS

Through our workshops, we deliver our message in a way that allows coaches and athletes to implement our strategies and methodologies on their own.

By attending our workshops you learn:

- How to assess first, and then create the plan based off your findings.
- The importance of individualization and how to cater training to fit you, or your athletes, specifically.
- What it takes to improve your training so that you can be performing your best years from now.

OUR WORKSHOPS COMBINE EDUCATION, MOVEMENT AND FITNESS IN AN ATTEMPT TO IMPROVE OVERALL HEALTH AND LONGEVITY FOR ALL PARTICIPANTS.

TRAIN SMARTER

NOT HARDER.

This is a 2-day workshop focused on the core principles of effective and efficient training. The goal of the workshop is to foster a change in mindset away from “training at 120%, all the time, is the best way to achieve optimal results.”

We have been involved in the CrossFit landscape, both locally and nationally, for years now and have had the privilege of working some elite athletes such as Julie Foucher, Christian Lucero and Jessica Lucero, Scott Panchik, Brooke Wells, and Jenn Smith, among others.

Modify your training before you eliminate your training.

This has allowed us to develop a system focused around optimizing the CrossFit athlete both in terms of performance enhancement but also overall health and longevity.

We’ve combined this system into the “Train Smarter, Not Harder” workshop.

Topic highlights from the 1 or 2-day workshop include:

- Hierarchy of needs for the fitness athlete
- Methods of self-assessment
- Performance tricks used by the elite CrossFitters
- Programming methods
- Training variations for the injured athlete
- Lifting variations and assessment for both lower extremity and upper extremity

EVERY PROGRAM WORKS FOR SOMEONE. NO PROGRAM WORKS FOR EVERYONE.

Our goal for this workshop is to continue facilitating the growth of CrossFit while also fostering the mindset that there are better and more efficient ways of training compared to what we are currently seeing.

PURE ENDURANCE

PROVEN METHODS FOR OPTIMIZING AEROBIC PERFORMANCE.

Endurance, or the ability to continue despite fatigue, is an essential characteristic of sports performance.

Optimizing endurance is often the key ingredient that elevates an athlete from mediocrity to greatness, while also enhancing health and longevity.

“Pure Endurance” is a weekend workshop catered towards the CrossFit coach and athlete looking to improve his/her endurance, stamina and aerobic capacity.

We have a unique background of working primarily in the endurance world of distance running, triathlons and CrossFit, especially. As a result, we’ve blended this experience into a workshop that combines performance and optimization into a weekend of advanced endurance methods and teaching.

Topic highlights from the 2-day workshop include:

- Performance Tools Used by Elite CrossFitters
- Pacing and Programming Strategies
- Training Zones, Testing & Implementation
- “Hacks” for Optimizing Endurance
- Polarized Training and Periodization
- Principles of Fitness & Fatigue
- Strength vs Stamina, Methods for Performance Enhancement

**FEEL
BETTER.
MOVE
BETTER.
PERFORM
BETTER.**

OUR SERVICES



PHYSICAL THERAPY

Physical therapy is a physical medicine and rehabilitation specialty that remediates impairments and promotes mobility, function and quality of life through examination, diagnosis, prognosis and intervention. At Pure Physio, we utilize the most current and innovative examination and treatment techniques to ensure that our patients are able to perform and function at their highest level.

MANUAL THERAPY

Manual physical therapy is a specialized form of physical therapy delivered with the hands as opposed to a device or machine. In manual therapy, practitioners use their hands to put pressure on muscle tissue and manipulate joints in an attempt to decrease pain caused by muscle spasm, muscle tension, and joint dysfunction.

RUNNING EVALUATIONS

Running evaluations consist of a biomechanical assessment of the patients' running form and a thorough musculoskeletal examination to address injury and performance issues. The biomechanical evaluation focuses on assessing joint integrity, balance, strength, foot structure, skeletal alignment and flexibility throughout the run and stride.



CLINICAL BIKE FIT

At Pure Physio we provide a unique bike fit experience that blends an orthopedic and movement exam with each bike fit. We utilize our clinical and biomechanics knowledge to gain a better understanding of the rider's joint function and identify structural imbalances to ensure we achieve an optimal bike fit for each client.

A rider's body shape, personal goals and previous injuries which affect how their bike should be set up to maximize performance, efficiency, and comfort. Luckily, bicycles are machines with many adjustable parts. In fact, every touch point on the bike can be changed out, altered, or moved to fit you better. Although there are many different theories to bike fit, the goals of a clinical bike fit are:

- Improving overall performance on the bike
- Enhancing overall rider comfort
- Preventing injuries
- Diagnosing saddle discomfort
- Reducing or eliminating pain and numbness
- Reducing or eliminating discomfort associated with riding

Reducing rider fatigue by enhancing efficiency
In addition to the bike fit we often prescribe specific mobility and corrective exercises to decrease risk of injury and improve riding posture. We feel that fitting the person to the bike is just as important as fitting the bike.

ONLINE PROGRAMMING

Custom-tailored programming designed specifically for you!

We now offer remote flexibility, mobility and strength balance assessments with custom programs catered towards the active individual. Wake up each and every morning with workouts designed around your training goals and areas of need!

The online programming addresses issues that we most commonly see in our athletes. In addition, you have direct communication with your coach through our app. Stay healthy and pain-free, while optimizing your performance, with the Pure Physio online programming.

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TESTIMONIALS

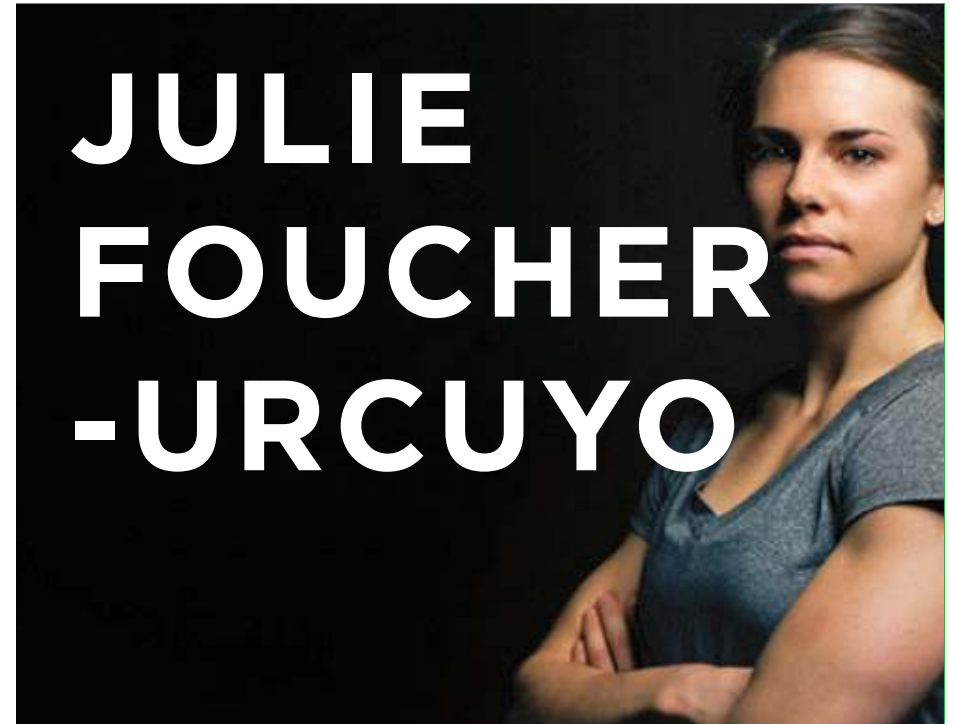




CHRISTIAN LUCERO

CROSSFIT GAMES ATHLETE

“Matt & Ryan from Pure Physio are the real deal. Being involved in sports my entire life, I have worked with countless Physical Therapists across the country, and have yet to find anyone that is as committed to my health and success as these guys. With their knowledge and expertise across vast arrays of physical movement and performance, I am able to feel my best and step into every training session with confidence.”



JULIE FOUCHER -URCUYO

MD, MS & 4X CROSSFIT GAMES ATHLETE

“I will always be grateful to Matt for helping me recover from my complete Achilles tear & repair surgery in record time. I sustained my injury less than 3 months before my wedding, and knowing how long the recovery typically takes, I was nervous about being to walk down the aisle and dance with family and friends. Not only was I able to dance the night away at my wedding, but I have also been able to make a smooth and speedy return to my CrossFit training. Because of Matt’s extensive knowledge of my sport and his multi-modal approach to rehab, I recovered faster than I ever thought possible. I highly recommend his expertise whether you are recovering from an injury or trying to optimize your performance.”



NICK BRUCE

PROFESSIONAL BMX ATHLETE

“Pure Physio helped me bounce back from one of my most serious injuries. They offered a super efficient recovery process, which pushed the limit with full focus on the long-term side, instead of a quick fix. Now my body feels like nothing ever happened. Their endless knowledge of simple exercises that can be done anywhere not only keep my body feeling fresh, but also keep me visiting the Pure Physio office over any other practitioner’s office.”



JESSICA LUCERO

USAW 58KG OLYMPIC WEIGHTLIFTER & AMERICAN RECORD HOLDER

“I’m so thankful for Matt & Ryan from Pure Physio. They’re helping me become a healthier, better overall athlete every single week. I’m so excited for what the future holds knowing I have them on my team to keep me healthy and strong.”

**BECOME
A PART OF
SOMETHING
BIGGER.**

THANK YOU



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**THANK
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