



PHYSICAL THERAPY & PERFORMANCE

## Our December Newsletter!

*Wrapping up the year stronger than ever!*

Hi Everyone!

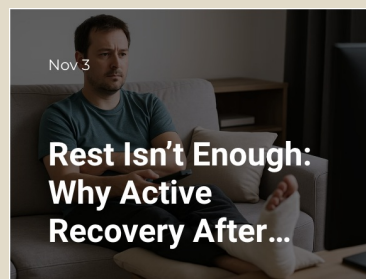
We hope you all had an amazing Thanksgiving filled with good food, good company, and absolutely zero guilt about seconds... or thirds. We're grateful for each and every one of you. Whether you're rehabbing, throwing, lifting, stopping by to pet Owen, or simply enjoy reading our newsletter, you make this community amazing.

Before we close out the year, here are a few fun updates:

### ☐ New Blog Posts!

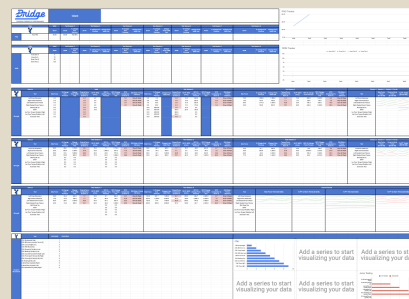
We dropped two new blog posts this month—perfect reads while you digest leftover pie:

Both are up on the website now! Or simply click the blog covers.



### ☐ Big News: Our Database and Client Trackers are Live (Beta)!

We're VERY excited to announce that we've officially launched the beta testing phase of our new database and client tracking system! This means you can expect fancy PDFs with charts, graphs, and data breakdowns for all those tests we do and metrics we collect.



Give us a couple of weeks as we manually transfer everyone's info. We can't wait to share everything with you! Here's a sneak peak of one of the sheets with random numbers put into it.

### ☐ Community Events

A huge THANK YOU to everyone who sent us community event ideas after our last email/text we sent about it. You guys really delivered.

Here's what we have so far:

- A Pilates event coming soon (probably January)
- A parish festival happening this weekend
- A travel flag football league is in the works and hopefully can get coordinated

If you have more ideas, organizations, teams, gyms, or schools we should connect with, keep sharing! We're really hoping to get out in the community as much as possible, especially now that the weather is nice 😊.

## ❑ FIU Tailgate Shenanigans

Hyde and Vic returned to the FIU tailgate this year but left their water pong skills at home.

Shoutout to Joel and Yasser (yes, that Joel our pitching coach and Yasser our student from way back) for running the table. Hyde and Vic will be practicing for 2026.

It was awesome being able to see some previous Bridge students and some of the future students that will be starting with us soon.



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Wishing you all a happy December filled with good vibes, good lifts, and hopefully no early holiday-season injuries. As always, thanks for being part of the Bridge PTP family ♥

- The Bridge PTP Team

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We hope you enjoyed the newsletter! If you're dealing with anything, hopefully you know where to find us (at the end of the street in the warehouse with really poor, but recently improved, parking 😊). We also hope that you think of us if you know someone who could use our help. We'll make sure they are more than satisfied with your referral.

Connect with us!



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