

JOSEPH MAGDIS, BS, PTA, CSCS

LICENSED PHYSICAL THERAPIST ASSISTANT
CERTIFIED STRENGTH AND CONDITIONING SPECIALIST
WELLNESS CONSULTANT

A Solid Education in Effective Care

"I believe that the key to helping patients is a solid educational background. To achieve this, I continue to work hard to attain the very best education possible. I'm grateful for the knowledge I've received and the skills I've developed, because they will become the foundation for my personalized, effective care for years to come."

BS: Business Administration Marketing, Worcester State College

AS: Physical Therapy
Mt. Wachusett Community College

Specialist: Certified Strength & Conditioning Specialist, USA Weightlifting Club Coach, Wellness Consultant

"Our common goal at Ramsey Rehab is to help people who have injuries, illnesses or conditions that can be helped through modern physical therapy methods and techniques. When you are in pain, you don't want to wait for help. That's why we usually see you within 24 hours of your call for an appointment, and we help you recover in less time, too. It's rewarding to see people get back to their healthy lifestyles so quickly."

Improve Performance Through Sports Enhancement Programs

Core Strength: "First develop the core, then teach it to function with the legs & arms to increase strength and power on the field."

Power: "Incorporate plyometrics and Olympic lifts to increase sports specific power."

Balance: "Advanced balance training integrates all body components to perform more effectively and prevent injuries."

A New Direction
WALK-IN WELLNESS CENTERS
Your First Step to a Healthier Tomorrow

Mission Statement: To deliver affordable comprehensive disease prevention and educational programs to the local community in a convenient professional manner. **Walkinwellness.com**

Ramsey Rehab
Superior results without the wait.
www.RamseyRehab.com

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