

# News from the Summit

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## Get to Know Kim Brown, PT

Kim is a familiar presence in Mansfield. A graduate of Lexington High School, he has worked with many local athletes as a fitness trainer and a physical therapist. He has a reputation for achieving results with young athletes by improving their performance.

Kim has extensive experience with post-operative patients including those undergoing total joint replacements and other orthopedic surgeries. He also works with a wide range of musculoskeletal injuries of the upper and lower extremities.

Kim received his clinical training at The Ohio State University. He has received advanced training in biomechanical and gait assessment and is an expert in custom orthotic fittings.

"I view myself as both a physical therapist and an educator," explains Kim. "I enjoy teaching athletes how to use their body more effectively to avoid injuries and maximize performance."

Kim currently sings bass for the regional gospel quartet, Colonial City Quartet. Married to Tricia, Kim has two young children Jaxon, 5 and Ava, 3 and they are expecting their third child in March.

## Services at Summit Therapy

Summit Therapy has established itself as the premier provider for Physical and Occupational Therapy. Take a look at some of the other services we provide:

- Adult Fitness Program
- Performance Enhancement Programs
- Sport Specific Training
- Golf Performance and Fitness
- Customized Orthotic Fitting
- Personal Training
- Group Exercise Classes

*Call today to find out how we can help you Reach New Heights with all of your health and wellness goals!*

## Beating the Winter Blues

By Elizabeth O'Brien, Exercise Specialist

The gloom of winter is upon us! Seasonal Affective Disorder (SAD) is what certain individuals feel during the winter months due to shortened days and less sunlight. Here are some tips to help reduce SAD during the winter months:

- Make your environment sunnier and brighter. Open blinds and sit closer to bright windows while at home or in the office.
- Get outside. Take a long walk, eat lunch at a nearby park, or simply sit on a bench and soak up the sun. Even on cold or cloudy days, outdoor light can help.
- Exercise regularly. Physical exercise helps relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.



2170 Stumbo Road  
Mansfield, Ohio 44906

P (419) 756-2525

F (419) 756-7640

[www.SummitTherapy.net](http://www.SummitTherapy.net)