

# lifestyles

HEALTH

## BACK 2 NORMAL

Treating injury and pain at the source

**B**ACK 2 NORMAL PHYSICAL THERAPY is a wellness and rehabilitation studio located in St. Petersburg that specializes in physical therapy, sports performance training, wellness, and pain management for the active individual. The owner and operator, Lisa Chase, PT, OMPT, is internationally recognized in her field and one of the most sought after physical therapists. She has treated the likes of Serena Williams, Maria Sharapova, Lindsay

Davenport, and countless other celebrity athletes. With over 25 years of experience treating professional and recreational athletes, Lisa has acquired unique skills.

"Lisa is the best physical therapist that I have worked with," says Dr. Nishin Tambay of Orthopaedic Associates of West Florida. Dr. Tambay is a specialist in physical medicine and rehabilitation, and an expert in treating tennis players. "Many of my patients with complex longstanding musculoskeletal problems have benefited from her work."

Lisa is able to quickly identify the origin of the injury and pain, then treat them at the source. Clients experience immediate improvement and superior clinical outcomes.

"Our primary goal is to detect the true cause of injury and pain, promote

total body balance and overall wellness," says Lisa. "We offer natural solutions that empower our clients to be proactive and implement self-care strategies to optimize their health."

World-class athletes and coaches, as well as specialists from the medical and fitness industry, have benefited from Lisa's knowledge. She was also the Director of Sport Sciences and Medicine [WTA] for nearly a decade, where she treated professional women tennis players.

Lisa's area of expertise includes: spine injuries [sprains, strains and disc herniation's]; upper extremity injuries involving shoulder, elbow and wrist joints; lower extremity injuries involving hip, knee, ankle joints; abdominal and rib injuries; injury prevention, and more.

"Her caring nature and willingness to go above and beyond to help athletes is unparalleled," says tennis legend Billie Jean King. "Lisa takes the time to educate us about injuries and teaches us how to prevent them. Tennis players and athletes of all levels will greatly benefit from her expertise."

Lisa also brought her skill to the Association of Touring Professionals [ATP], working with tennis players from the mens' tour, as well as other professional leagues such as Major League Baseball, EPL soccer, LPGA golf and FIVB/AVP volleyball.

A variety of unique applications are used when Lisa and her team evaluate someone. They combine a comprehensive orthopedic assessment with the analysis of global movement patterns and joint/soft tissue integration. Further questioning helps to delineate other factors such as daily and sports performance, nutrition and stress reduction strategies to complete



LISA CHASE, PT, OMPT  
OWNER AND OPERATOR

the entire picture, and overall treatment plan.

Lisa has expanded her "reach" into the local community by participating on the Leadership Board of Healthy St. Pete, a citywide initiative to promote St. Petersburg as a healthier place to live, eat, play, and shop.

For quick, thorough, effective individual results, Lisa Chase and her team of specialists provide unmatched care that has improved the lives of her clients in lasting and meaningful ways. She is always available to speak with new clients herself, and takes a personal interest in every single person who seeks her help with identifying their problems and developing a customized solution. Contact Back 2 Normal at **727-362-6866** or visit [www.back2normalpt.com](http://www.back2normalpt.com).



Lisa Chase treating tennis pro Lindsay Davenport

"Because of Lisa, I'm sure many injuries were prevented and those that did happen saw a quick recovery time," says Serena Williams. "Physical Therapists like Lisa Chase are a rare find."

— WTA World No. 1 Serena Williams