

Peak Physical Therapy – ease pain, restore your life

BY CAMILLE SPERRAZZA

Peak Physical Therapy has been taking away life's aches and pains for 29 years.

During its time in business, they've helped thousands of people live happier, healthier lives, thanks to improvements gained through physical therapy.

"We're one of the oldest physical therapy private practices in Brooklyn," says Craig Belkin, owner and physical therapist, CSCS (Certified Strength and Conditioning Specialist).

He and the other licensed physical therapists on the premises treat sports injuries, orthopedic problems, arthritis, and neurological conditions.

Belkin's particular area of expertise in-

volves orthopedic and sports injuries.

Every person is treated "as a whole," says Belkin, which means dealing with all the "psychological components" people often have to face when suffering from constant pain that transpires as a result of an accident or disease.

The facility is equipped with bikes, treadmills, and weights.

In addition, the physical therapists may recommend electric stimulation, ultrasound, and traction, depending on the situation.

If patients are homebound because of their disabilities, Peak Physical Therapy also offers Home Care services.



Peak Physical therapist and certified strength conditioning specialist Craig Belkin.

Photo by Steve Solomonson

Peak Physical Therapy 3131 Kings Highway (718) 258-6699 www.PeakPhysicalTherapy-ofBrooklyn.com.

EXPERT IN: Physical therapy.

INSURANCE: Most major medical plans are accepted.

HOURS: Mondays 9am-7pm, Tuesdays 9am-4pm, Wednesdays 9am-3pm, Thursdays 11am-8pm, Fridays 9am-2pm, Saturdays 8am-1pm.

PARKING: Street parking available.

PUBLIC TRANSPORTATION: Take the B82, B44, B41, or B31 buses.

Handicapped accessible.