

# Peak Physical Therapy celebrates 30 years of easing pain

BY CAMILLE SPERRAZZA

Every day, people walk into Peak Physical Therapy and say, "Help me. I am in pain."

And every day, for 30 years, the therapists there have done just that, easing suffering and restoring quality of life.

"There have been thousands of success stories over the years," says Craig Belkin PT, CSCS, chief physical therapist and owner of Peak Physical Therapy.

Since 1985, they've treated thousands of patients who have sports injuries, orthopedic issues, arthritis, and neurologic conditions. "Physical therapy can help restore a person's normal function and help patients return to their normal lives," Belkin says. They are able to function in the world again.

Belkin is grateful that Peak PT has spent the last three decades helping scores of people live happier, healthier, and more rewarding lives, presiding over what he says is "one of the oldest and most respected physical therapy private practices in Brooklyn. It's a cherished distinction, too, because Belkin, born and bred in the borough, continues to call Brooklyn home, servicing the community in which he resides.

He is a member of the American Physical Therapy Association, the Private Prac-

tice and Orthopedic Sections, and a member of the National Strength and Conditioning Association. Licensed since 1999, he specializes in the treatment of orthopedic and sports-related injuries, and is a certified strength and conditioning specialist, the latter a distinction he achieved in 2005.

When patients come into the office, Belkin and his staff of highly trained therapists don't only look at the one injury they may be complaining about. They look at the entire individual "as a whole," he says, dealing with all the aspects that can affect patients when they are hurt, such as their inability to work, how the injury is affecting their personal lives, and the range of emotions that patients go through when they are in pain.

Healthy joints are something we all take for granted — until an accident or disease changes that perception. When we can't lift an arm over our heads, or bend down to pick something up off the floor, it has a devastating impact on our lifestyles. Physical therapy offers help because it stimulates muscles, bones, and joints. As a result, the body is strengthened, and the healing process begins.

When patients visit Peak Physical Therapy for the first

time, they receive a comprehensive evaluation from a licensed physical therapist. When that evaluation is complete, the findings are discussed, and a course of action is put in place, the specifics of which are tailored to each individual's needs.

"There is no set treatment recipe for every person," says Belkin. "One patient is completely different than the next, and each receives special, individualized care."

Treatment may begin immediately. The facility is equipped with treadmills, pulleys, weights, and other modalities, like paraffin, ultrasound, and electrical stimulation. These treatment options combined with manual therapy skills, including stretching, mobilization, and soft tissue treatments, all help to restore the body's normal function.

Additionally, patients are instructed about what they can do at home to keep the healing process in motion.

"The benefits of physical therapy are immeasurable," Belkin says. "The right course of treatment will help patients take back control of their lives." But it's not just about healing what hurts. "It can add years to people's lives," he says.

If patients are homebound because of their disabilities,



Chief Physical Therapist and owner of Peak Physical Therapy Craig Belkin PT, CSCS.

Photo by Steve Solomonson

Peak Physical Therapy can send a licensed physical therapist to assist in providing personalized, high-quality care, a service that can be life-altering.

For those who can get to the facility, it is conveniently accessible by mass transit, located across the street from Beth Israel Hospital, where there is ample parking. Most major

medical plans are accepted.

*Peak Physical Therapy [3131 Kings Hwy. between E. 31st and E. 32nd streets in Marine Park, (718) 258-6699, [www.PeakPhysicalTherapyofBrooklyn.com](http://www.PeakPhysicalTherapyofBrooklyn.com)]. Open Mondays, 9am-7pm; Tuesdays, 9am-4pm; Wednesdays, 9am-3pm; Thursdays, 11am-8pm; Fridays, 9am-2pm; and Saturdays, 8am-1pm.*