

Monica Valenti

Licensed Massage Therapist, Masters In Public Health

Relax ✕ Renew ✕ Reimagine

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www.monicavalenti.com

AFFILIATE PROFESSIONALS

When a client brings challenges that need care in addition to the skills I offer, I refer to one of my Affiliate Professionals. My Affiliates includes physicians, physical therapists, chiropractors, acupuncturists, reflexologists, personal trainers, hypnotherapists and Pilates instructors, each of whom I professionally respect.

I link my clients with someone who is a good match for them, both personally and therapeutically. If you wish to use the services of someone included here without a direct referral from me, please let her/him know the source of the contact.

PHYSICIANS

Physicians are personally referred on a case-by-case basis.

PHYSICAL THERAPISTS

• **Chris Apostol, MS, PT**

ADEPT Physical Therapy Rehabilitation PLLC
25 W 45th Street, Suite 405, New York, NY 10036
P: 646-360-2261 F: 646-360-2296
adept.physicaltherapy@gmail.com

ADEPT Physical Therapy Rehabilitation is committed to your long term health and well-being. Our therapy, wellness program and Pilates classes have the ability to strengthen, lengthen, and tone your body while not only correcting what ails you, but also giving you preventative advantages as well. Enhance your health and well-being and improve your overall performance.

With over 20 years of experience, we specialize in one-on-one care heavily based in the Pilates method. With our hands-on, holistic approach we are able to successfully treat a wide variety of orthopedic, pre- and post-operative and sports injuries affecting the spine and extremities.

• **Maggie Bradley**

Bradley & Monson Physical Therapy
250 West 57 Street, Suite 1301, New York, NY 10019
212-496-1187

OCCUPATIONAL THERAPISTS (HAND SPECIALISTS)

• **Ann Lang, OTR, CHT**

Lang Hand Therapy
263 West End Avenue (72 Street, Suite 1C), New York, NY 10023
212-787-6585

• **Wendy Burnett, OTR, CHT**

N.Y. Hand Rehabilitation
219 East 69th Street, Suite 1K, New York, NY 10021
212-472-1000

CHIROPRACTORS

• **Daniel Lee White, DC**

590 West End Avenue, Suite 2B, New York, NY 10024
212-877-5726

REFLEXOLOGISTS

• **Irene Ankner**

123 East 54th Street, Suite 2C
New York, NY
212-688-1990

ACUPUNCTURIST

• **Kathy Yocum**

19 West 21st Street, Suite 904, New York, NY 10010
212-246-3153
kathyocum212@gmail.com

PERSONAL TRAINERS

• Sara Lyn Phillips

917-940-1213

www.acrofit.net

Sara trained first as a professional downhill ski racer in Aspen, Colorado, and subsequently as an acrobat and trapeze artist at the Ecole de Cirque de Paris.

Specializing in alignment and stretch work, Sara's approach to fitness is eclectic and holistic, with an emphasis on strengthening and lengthening postural muscles. She integrates the emotional and physical components of exercise, while helping people achieve their health and fitness goals.

Sara specializes in post-rehab fitness, frequently helping clients recover from chronic back pain and sports related injuries, as well as total joint replacement procedures. Inspired by the challenges a client presents, she works diligently to pinpoint the root cause of the obstacles, and then develops unique fitness programs designed to address those obstacles, the goal being always to get the client back to a healthy level of physical activity. Sara also frequently collaborates with physical therapists, chiropractors, and body workers to help resolve chronic pain issues. In addition to being certified by the American Council on Exercise (ACE) and National Academy of Sports Medicine (NASM), she also has training in pre-and post-natal exercise, Yoga, Alexander Technique, Pilates, and MELT."

*Sara has known and appreciated Monica's work for over 20 years!

• Susan Bayat, CPT, CPR/AED

certified, by appointment only

sbayat@nyc.rr.com

917-865-0634

www.susan.bayat.com

Before launching my private personal training business I worked for New York Sports Clubs as a Master Trainer for ten years. In the past 14 years as a personal trainer, I have taken a plethora of post-rehab, sports conditioning, and senior fitness courses. In addition, I annually take continuing education courses to remain current in sports medicine (some at the Hospital for Special Surgery).

I take pride in providing my clients with the latest concepts in sports medicine, treatment strategies for overuse injuries, and preventative exercises to remain injury-free. Some of the areas in which I specialize include corrective exercises, functional training, strength training, core training, balance training, flexibility, sports specific conditioning, and general nutrition to maintain healthy joints and better function. My fitness ministry is ecumenical: I work with clients of all ages, from the beginner to the elite athlete.

Since 1985 I have been an avid runner and have completed 15 marathons and a few triathlons. I still compete as a masters athlete. Fitness is not just a job it's my passion. I motivate others to stay fit, active and injury-free by being a role model and teacher."

HYPNOTHERAPISTS

• Rachel Hott, PhD

12 East 12th Street, Suite 402, New York, NY 10036

212-647-0860

PILATES INSTRUCTORS

• Karin Fantus

Applied Body Logic

2109 Broadway, Suite New York, NY 10023

646-729-8581

kfantus@me.com

Karin Fantus is certified to teach Authentic Pilates and a self-help method of fascial relief called M.E.L.T. Using a combination of techniques, she teaches clients how to use core muscles to bring their bodies back into balance. Karin customizes each workout to a client's unique goals and body issues. The work is subtle and deep, in order to reinforce lasting change.

Social Media