



Bill Johnson, DPT, OCS, owner of Advantage, is the creator of the "A-Game" and "S.K.I.P." (Successful Knee Injury Prevention) programs and specializes in orthopedic and sports rehabilitation.

He is a local graduate of Turner Ashby High School, Bridgewater College and continued at Shenandoah University graduating with a Master of Physical Therapy (MPT) in 1994 and a Doctorate of Physical Therapy (DPT) in 2005. He also has received advanced certification as a board certified orthopedic clinical specialist (OCS) and training in osteopathic medicine through Michigan State University. Bill and his associates provide the community with individualized, personal and one-on-one professional care.

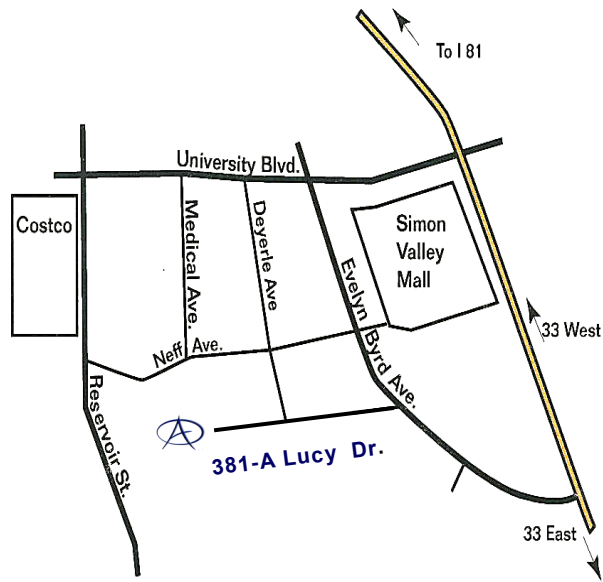


Lauren Coverstone, M.S., joined Advantage Physical Therapy as the clinic's Sports Performance Specialist in the summer of 2006. She graduated from James Madison University in 2004 with a

B.S. in Kinesiology with a specialization in physical education teacher education. In 2006, she earned a M.S. in Kinesiology with a concentration in clinical exercise physiology. She is also a certified personal trainer and group exercise instructor.

Other Services Provided:

- * **Orthopedic Physical Therapy**
- * **Sports Medicine**
- * **Spine Care**
- * **Hand Therapy**
- * **Women's Health**
- * **TMJ Dysfunction**
- * **Post Surgical Rehabilitations**
- * **Work Related Injuries**
- * **Aquatics**
- * **Custom Foot Orthotics**



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"Take ADVANTAGE of your life!"

Our objective is to help athletes unlock their potential by improving their speed, agility, quickness and power that will enable them to achieve their

“A-Game!”®



Our program begins with an athletic assessment which identifies the primary factors that could lead to faulty mechanics and injuries.



Tests performed during the athletic assessment consists of:

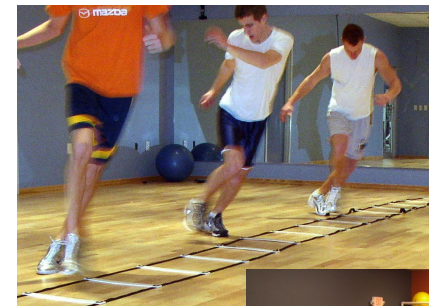
- Balance**
- Flexibility**
- Strength/Power**
- Speed**
- Agility**
- Vertical Jump**
- Overall conditioning**



Results of these measurements serve as baseline information to document progress and demonstrate improvements in the athlete's performance.

The Sports Performance Program:

- Consists of dynamic flexibility, form-drills, footwork, agility drills, plyometrics and core-functional stabilization.
- Incorporates conditioning programs for pre, during, and post/off season plus an individual weight training program.



Documented Results:

- Increased vertical jump as much as 11 inches
- Taken 2 tenths off the shuttle test
- Reduced 40 yard sprint as much as 5 tenths.
- Reduced 5 point test by a full second



Become one of the many individuals who are taking Advantage of their “A-Game!”®