

Karyn Staples

Healthcare Hero Karyn Staples is a highly trained physical therapist and owner of ProHealth Physical Therapy and Pilates Studio, a full service physical therapy facility and Pilates studio staffed by highly qualified physical therapy personnel and certified Pilates instructors.

An orthopaedic specialist, women's health specialist, and Pilates expert, Karyn has been in practice for 15 years, eight of those years at Pro Health. She holds a Bachelor of Science and Masters Degree in Physical Therapy from the University of Evansville as well as a Doctor of Philosophy in Orthopaedics and Sports Science from Rocky Mountain University of Health Professions.

A Polestar Pilates Educator, Karyn provides both vocational training programs to potential Pilates instructors and continuing education to Pilates practitioners. She is an engaged, active advocate for fitness and wellness and a member of the Pilates Method Alliance and the American Physical Therapy Association. Her accomplishments were featured in the cover story of the November 2011 issue of *Fayette Woman*.

Karyn and her staff offer physical therapy services, Pilates, and Kettlebell conditioning, all geared toward helping clients improve overall health, recover full functioning after a health issue, and return to everyday

life routines. Their goal is to create an individual program for each of their clients, to educate clients about how to initiate and follow that program, and then work with that client as a team to accomplish overall physical improvement.

"We enjoy what we do and strive to positively impact the lives of our patients and clients," Karyn says.

At ProHealth, you'll find a lovely spa-type facility where clients can experience one-on-one care in a private, well-equipped, caring atmosphere. The staff works with all ages, children through octogenarians, accepts most health insurance providers, and offers a private pay rate as well. Three physical therapists, a physical therapist assistant, five Pilates instructors, two Kettlebell instructors, two front office coordinators, and two rehabilitation technicians make up this team of personable professionals.

The most popular service sought at the ProHealth is Pilates, a wellness form of fitness that works your entire core, the muscles that run from shoulder to pelvis. Pilates focuses on proper body

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alignment and smooth precise, controlled movements. A mind workout as well as a body workout, Pilates helps with strength, flexibility, and agility. Participants leave refreshed, energized, and rejuvenated both mentally and physically.

Many of Karyn's physical therapy clients, once rehabilitated with physical therapy, return to ProHealth to participate in Pilates to reap the many benefits of Karyn's tutelage and continue to stay fit.

Follow Karyn on Facebook at facebook.com/ProHealth-Physical-Therapy-and-Pilates_Studio or on Twitter at [ProHlthPilates](https://twitter.com/ProHlthPilates).



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