

Business Connection

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Business Spotlight

Agility – Improve how you move

It's never too late to start exercising. Research has proven that even at the age of 90, consistent exercise improves strength and balance and hence functional level. We just need to start. The earlier we start exercising, the better results we get.

Dr. Priti Chitale is a board certified neurological clinical specialist and has opened a private practice in Pleasanton – Agility Neuro Physical Therapy and Wellness, Inc. Along with her private practice, Dr. Chitale works for Kaiser as a neurological clinical specialist. She is a faculty on Kaiser's neurological physical therapy residency program. She provides hands-on mentoring to the residents for improving their skills in treating patients with neurological disorders.

Agility Neuro PT specializes in the treatment and wellness of people with neurological disorders such as Parkinson's disease, multiple sclerosis, neuropathy, balance disorders, vestibular disorders, post stroke and many other conditions. Agility

offers one-on-one physical therapy sessions, wellness appointments as well as neuromuscular check-ups.

"We take pride in utilizing cutting-edge interventions proven by



research in treatment of our patients," said Dr. Chitale, who brings her experience of more than 25 years to the practice.

People with neurological conditions require ongoing physical therapy to improve and maintain their function and participation in the activities of daily living, work and leisure. "We are a concierge practice which allows us to work with people on their priorities without the limitations of the insurance," said Dr. Chitale.

"So often, people don't realize their potential to return to their hobbies or sports. I never get tired of the joy it brings to people when they are able to return to their favorite activities such as playing golf or are able to get up from the floor," said Dr. Chitale.

Visit www.agilitynpt.com to learn more, read blogs, and view exer-

cise videos to get started. Email Dr. Chitale at agilityceo@agilitynpt.com to request a 20-minute complimentary consult.



Dr. Priti Chitale of Agility Neuro Physical Therapy and Wellness also works for Kaiser as a neurological clinical specialist.