



PHYSICAL THERAPY & PERFORMANCE

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## Our January Newsletter!

### Happy New Year! ☐

We hope you all had an amazing holiday season filled with family, joy, and maybe a few extra helpings of dessert (don't worry, we've got plenty of workouts lined up to help with that). As we say goodbye to 2024, we're stepping into 2025 with excitement, gratitude, and big plans for what's ahead. Let's kick off the year with some updates!

### A Look Back: 2024 Year in Review

We've put together a little Instagram reel to recap the highlights of 2024, and we hope it brings a smile to your face! [Check it out here.](#)

From new programs to new faces, it's been a year to remember.



### A Special Gift from Hitting.365

Huge thanks to Erick San Pedro and the team at Hitting.365 for gifting us an awesome new sign for Christmas! No, it's not an outdoor sign, so you won't see it while driving by (yet?), but it's a fantastic addition to the clinic. Stop by and check it out—it's already making us feel even more official.



### Starting Strong: High School Pre-Season Baseball Screens

We're kicking off 2025 by offering free pre-season baseball screens for high school teams! We already have several schools scheduled and are hoping to add more to the list. If you'd like us to come screen your team, let us know! It's a great way to ensure your athletes are ready to crush the season ahead.

### Strength & Conditioning: Powering into Spring

Our Strength & Conditioning membership is building on the previous strength phase, now with an added focus on power as we prepare for the spring season. It's all about turning that hard-earned strength into explosive performance on the field ...or wherever life takes you.

## Remote Pitching: Meeting the Demand

December brought a huge influx of pitchers looking to gear up for the spring season, and our new remote pitching service has been a game-changer. With only one cage, scheduling can get tight, but remote pitching has allowed us to work with more athletes than ever before. From daily drills to individualized plans, we're making sure every pitcher is ready to dominate. If you haven't checked it out yet, now's the time to get on board!

Feel free to respond to this email to let us know you're interested and we'll give you all the info you need.

## Always an Athlete: New Year, New Goals

Speaking of remote services, don't forget about our Always an Athlete training program! Thankfully, Victor isn't the only one doing the workouts anymore. This program is perfect for staying happy, healthy, and functional—especially for all you parents out there looking to make 2025 the year of you. Let's make those New Year's resolutions stick together.

## Holiday Raffle Winner

Congratulations to Manny Ferro, the winner of our holiday raffle! We have a feeling his son will be the lucky one rocking the merch, though. We were hoping to include a picture but apparently they have been out of town so we haven't been able to give them their winnings.



A big thank you to everyone who participated and helped us spread the word about Bridge. If you haven't already, please feel free to leave us a review on Google.

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As we close the books on 2024, we want to take a moment to thank every single one of you who has supported us and trusted us with your care. Whether you've been with us from the beginning or just joined the Bridge family, we're so grateful to have you along for the ride. We know 2025 is going to be our biggest year yet as we near the end of Year 2 and prepare to move into Bridge's Year 3. Together, let's make this year one to remember.

Cheers to a fresh start and all the opportunities ahead!

Best,  
The Bridge PTP Team

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We hope you enjoyed the newsletter! If you're dealing with anything, hopefully you know where to find us (at the end of the street, in the warehouse with the unmarked door with really poor parking – we're working on it, we promise). We're actually looking into signage now. We also hope that you think of us if you know someone who could use our help. We'll make sure they are more than satisfied with your referral.

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