CORE DYNAMIX PT
FEEL. MOVE. PERFORM.

ProV15ION

The Way We Move Matters

FEEL
MOVE
PERFORM

Care built around you, your movement and the activities that matter most.

01 Feel With Awareness

Develop Awareness • Establish Connection

Every movement begins with feeling. We help you understand your body from within, recognize muscle engagement, learn to isolate movement and become aware of how your body responds. Through physical therapy, hands-on treatment and movement education, we work to restore function and discover new ways of moving. We teach you to feel the movement before expecting you to perform it.

02 Move With Purpose

Build Patterns • Create Connections

Once awareness is established, we learn to move through these newly developed sensations. We transform conscious muscle engagement into coordinated movement patterns, developing control, stability, mobility and efficiency. Through progressive repetition and purposeful practice, we integrate these patterns into the activities you love, from competitive sport to recreation and everyday life.

03 Perform With Freedom

Move Naturally • Enter the State of Flow

Performance is where conscious practice becomes intuitive movement. As movement patterns become more automatic, movement requires less conscious effort, supporting confidence, efficiency, adaptability and freedom. Our goal is to help you reach a state of flow where movement feels natural, allowing you to focus less on how you move and more on what you love to do.

Meet Your Physical Therapist

Nils Semjonovs, PT, DPT / Founder

As a former hockey player and physical therapist, I understand how meaningful movement can be. My experience includes B3 Medical at Saddlebrook Sports, two World Championships and an Olympic qualification tournament with the Latvian men's national ice hockey team, ATP and WTA tennis professionals, including on tour at Roland Garros, and NBA and NFL prospects at ProV15ion. I bring this experience to people of all activity levels.

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Care With a Purpose

Your evaluation and goals guide your treatment. Not every service is needed for every client.

Dry Needling

Thin needles target selected muscles with the aim of reducing discomfort and improving movement tolerance.

Manual Therapy

Hands-on soft tissue and joint techniques focus on improving mobility and addressing discomfort and restrictions.

Neuromuscular Re-education

Movement and balance training focuses on improving coordination, awareness and control.

Online Exercise & Tracking*

Individualized exercises and remote tracking support consistency and continued progress.

Cupping

Suction applied to the skin aims to ease soft tissue tension and support mobility.

Therapeutic Exercise

Targeted exercises are designed to improve strength, mobility, endurance and function.

Recovery & Return to Sport

Guidance designed to support a progressive return to physical activity and sport.

Long-Distance Consultation*

Remote guidance to support recovery and next steps, when appropriate and permitted.

*Included with treatment packages, as indicated on the pricing page.

Your Next Step

Please use the registration link on the pricing page to schedule your appointment before your visit. If you have any questions, please feel free to contact me directly.

(973) 619-3722 / CdynamixPT@gmail.com

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Physical Therapy Services & Pricing

Self-pay services | Individualized rehabilitation and performance care

Evaluation & Treatment

REGISTRATION LINK

SERVICE	DURATION	PRICE
Initial PT Evaluation	60 min	$175
Follow-Up Treatment	60 min	$125
Follow-Up Treatment	30 min	$75
Treatment 2:1	60 min	$80
Group Injury prevention/Postural Training	60 min	$45
Movement & Performance Assessment (Team/Organization)	-	Request a Quate

Treatment Packages

PACKAGE	TOTAL	SAVINGS
6 Follow-Up Sessions (60 min) *	$690	$60
10 Follow-Up Sessions (60 min) *	$1,050	$200

Services

- Dry-Needling
- Cupping
- Manual Therapy (Deep-Soft tissue)
- Therapeutic Exercise
- Neuromuscular Re-education
- Client Recovery and Return to Sport Education
- Online Exercise/Tracking Treatment Program*
- Long-Distance Consultation*

*Included with treatment packages.

Travel

Travel services are provided, requesting a quote for pricing as it depends on duration and travel assignment.

Payment & Policies

Payment is due at the time of service. Late cancellations or missed appointments may incur a $50 fee under the practice cancellation policy. Superbills may be available upon request.

Pricing note: “Suggested” rates are proposed and require confirmation. Package savings are calculated against the $125 standard 60-minute follow-up rate.

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