

*PRESS RELEASE*

**Dr. Jamey T. Schrier, PT Recognized as an Expert in Sports Medicine in the January 2010 issue of Washingtonian Magazine**

Gaithersburg, MD January 11, 2010—Dr. Jamey T. Schrier, PT was identified as a “sports medicine expert” in the January 2010 issue of Washingtonian (<http://www.washingtonian.com>) magazine.

When you need a physical therapist, you want the best. **Washingtonian Magazine** includes Dr. Jamey Schrier of Schrier Physical Therapy on its annual list of the “best” physical therapists in the article, *“Staying in the Game. How to prevent and treat the most common sports injuries-plus 75 experts who can help you stay healthy.”* The Washingtonian sent surveys to its Top Doctors asking them to recommend sports-medicine experts. Then they called top trainers, coaches, and athletes and asked whom they would turn to for treatment of a sports injury. “It’s quite an achievement to make this prestigious list and I’m thrilled to be recognized for our achievements at Schrier Physical Therapy,” said Dr. Schrier.

**About Dr. Jamey T. Schrier, PT, OCS, DPT**

Dr. Schrier is the Owner and President of Schrier Physical Therapy, Inc., with offices located in Rockville and Gaithersburg, Maryland. He holds a Doctorate and Masters degree in physical therapy from the University of Maryland, and a Bachelor of Science degree from the University of Delaware. He has the unique distinction of being recognized as a Board-Certified Clinical Specialist in Orthopedics from the American Physical Therapy Association. Dr. Schrier has been a practicing physical therapist for over 15 years and is a proud member of the American Physical Therapy Association and Private Practice Section.

**About Schrier Physical Therapy**

Schrier Physical Therapy, Inc. opened its doors in 2001 with a mission to provide individualized and highly skilled orthopedic rehabilitation, sports performance, and nutrition services to individuals of all ages in a responsive and caring environment. Schrier Physical Therapy separates itself by using a Manual Therapy approach that allows our therapists to identify with greater certainty/assurance a person’s physical limitations and determine how these limitations relate to pain and/or decrease functional status. Our Therapists use this information to create a multi-faceted physical therapy approach incorporating manual techniques, advanced therapeutic exercises, and pain/inflammatory reducing modalities. This approach helps our patients/clients return to full functional activity and sports quicker with less recurrence of injury.

For more information or to schedule an appointment at Schrier Physical Therapy, please visit our website at [www.schrierpt.com](http://www.schrierpt.com). Don’t forget to ask about a **Free Screening**.

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# WASHINGTONIAN

## Sports Medicine

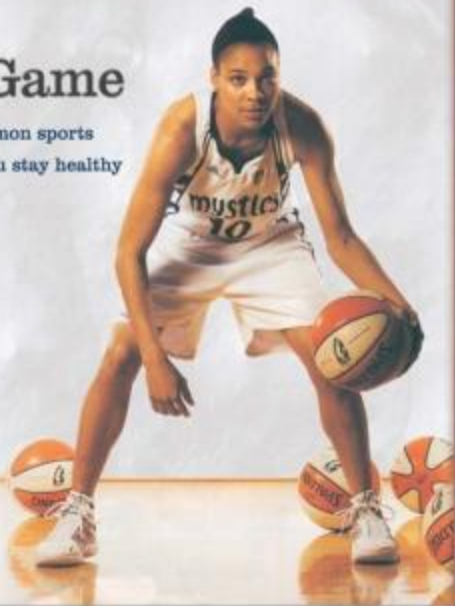
### Staying in the Game

How to prevent and treat the most common sports injuries— plus 75 experts who can help you stay healthy

#### Where to Find Good Help

We used a variety of ways to come up with this list of recommended physicians, podiatrists, physical therapists, chiropractors, and massage therapists.

We started by asking physicians on our Top Doctors list if they specialize in sports medicine. We also sent surveys to all of the doctors on that list, asking them to recommend sports-medicine experts. Then we called top trainers, coaches, and athletes and asked whom they would turn to for treatment of a sports injury.



#### PHYSICAL THERAPISTS

*Dr. Jamey Schrier*

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