

Biography: Sue made history as the **first female head athletic trainer in any of the four major U.S. professional sports** when she served as Head Athletic Trainer and Physical Therapist for the Los Angeles Dodgers (2008-2013). She spent 13 years at Athletes' Performance (now EXOS) as VP of Performance Physical Therapy and Team Sport. (Stopainclinical) Currently serves as President & Founder of Structure & Function Education and Associate Professor at A.T. Still University.

Credentials:

- PT (Physical Therapist), MS (Human Movement Science, UNC Chapel Hill, 2000)
- SCS (Board-Certified Clinical Specialist in Sports Physical Therapy)
- ATC (Certified Athletic Trainer), COMT, CSCS, RYT-200 (Sue Falsone)
- Author: "Bridging the Gap from Rehab to Performance" (Amazon) (Stopainclinical)

Specializations: Sports performance, dry needling (SFDN system), bridging rehabilitation to performance, comprehensive kinetic chain assessment

Philosophy: Holistic approach treating athletes as whole persons; integrating rehab and performance training; emphasizing "prehab" (prevention)

Contact:

- Website: suefalsone.com / structureandfunction.net
- Location: Phoenix, AZ area

Note: Despite being listed in the task, no ELDOA certification could be verified through official directories or practitioner materials.

Adam Wright - Riverside, CA

Business: Animal House Fitness

Certification Level: NOT CONFIRMED (no ELDOA certification found)

Years of Practice: Since 2016 (9+ years)

Biography: Riverside native and former aspiring professional football player who redirected his career to fitness. Founded Animal House Fitness from his converted firehouse barn home in 2016, moving to a brick-and-mortar downtown Riverside location in 2019.

Credentials: CSCS (Certified Strength and Conditioning Specialist through NSCA)

Specializations: Speed development and explosiveness training, athletic performance, youth athlete development, movement efficiency and posture, group fitness camps

Philosophy: Mission to "teach and guide young people how to optimize their existence" - focuses on holistic athlete development beyond athletics

Contact:

- Address: 3987 Merrill Ave, Riverside, CA 92506
- Website: animalhouse.fitness / adamwrightfitness.com

Note: No ELDOA certification could be verified despite listing.

CANADA

Janey Walker - Richmond Hill, ON

Business: Pilates 4 U

Certification Level: Certified ELDOA Teacher (specific level unconfirmed)

Years of Practice: Active since at least 2016

Biography: Knowledgeable and engaging instructor with deep understanding of body mechanics and Pilates applications for aging populations. Studio serves clients of all ages and mobility levels, from those with no mobility issues to those using walkers or scooters. Pilates4U

Specializations: Rehabilitation of muscles, fascia, and ligaments; pain relief and self-care; mobility improvement (particularly back mobility); core strength; classes for older adults and mobility-challenged individuals

Philosophy: Focus on helping clients understand Pilates benefits as they age; tailors group activities to participant needs; emphasizes empowerment over exhaustion

Contact:

- Studio: 556 Edward Ave, Unit 58, Richmond Hill, ON L4C 9Y5
 - Phone: 416-576-7208
 - Email: pilates4u@hotmail.com Pilates4U
 - Website: pilates4u.ca
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Kim Bajer - Mississauga, ON

Business: Vitality Pilates And Eldoa

Certification Level: Certified ELDOA Trainer (stated as "certified in all levels")

Years of Practice: "Lifetime of teaching and coaching experience"

Biography: Extensive experience combining Pilates and ELDOA methodologies in boutique studio setting.

Specializations: Pain relief and rehabilitation, spinal decompression, strength training, pregnancy fitness (prenatal Pilates with ELDOA), custom programs for individual body needs

Philosophy: "Combined and in harmony, the two methods are that much more magnificent when their moves and exercises are used together in a custom program designed just for you" vitalitypilatesandeldoa

Unique Approach: Specializes in combining Pilates Reformer and Chair work with ELDOA for comprehensive treatment of compression, pain, arthritis, and neurological conditions