



MELISSA SCHOOLS

Melissa Independent School District

AUGUST 1, 2017
FOR IMMEDIATE RELEASE

Mighty Cardinal Band partners with Physical Therapy of Melissa for injury prevention

MELISSA, TX – The Mighty Cardinal Band has established a new partnership with Physical Therapy of Melissa focused on injury prevention for students.

Physical Therapy of Melissa, led by owner Dr. Nat Christadoss, will provide exercises and stretching instruction to students in the Melissa band and colorguard.

Students will have the opportunity to learn and regularly practice specific stretches and exercises aimed at muscle strengthening and improving range of motion, with the goal of preventing common marching and colorguard injuries.

Dr. Christadoss and his team of physical therapists began meeting this summer with the Melissa band staff for initial observation and training.

To learn more about this partnership, see the attached joint letter from Physical Therapy of Melissa and the Mighty Cardinal Band staff.





(972) 837-4450
www.ptofmelissa.com



(972) 837-4216
www.melissaband.com

Dear Band Family,

We are pleased to announce a new relationship between Physical Therapy of Melissa and the Mighty Cardinal Band. Beginning with this school year, 2017-2018, Physical Therapy of Melissa is partnering with the band staff and student leadership team to provide instruction and services geared toward injury prevention for students.

The owner of Physical Therapy of Melissa, Dr. Nat Christadoss, and his doctors of physical therapy will be providing exercise and stretching instruction to the band and color guard. To help prevent some of the common marching and color guard injuries, these exercises will be used daily to warm up specific muscle groups and to teach students movements for strengthening muscle groups and improving range of motion. These exercises and stretches may also be completed at home to help students improve their own health and abilities for marching and performing.

The success of this relationship requires participation by everyone: staff, therapists, students and parents. We believe this one-of-a-kind relationship provides a unique experience in marching band and we encourage input from everyone to make this concept work. Please feel free to discuss our failures and successes with Physical Therapy of Melissa staff or band staff.

The staff at Physical Therapy of Melissa truly believe in their motto – “Together We Get Better” – and are here to prevent injury where possible as well as being available to help with recovery from some injuries, if they occur.

THANK YOU for supporting this relationship. Your trust means a great deal to us and rest assured that we will continue to provide the utmost care possible.

Thank you again,

Physical Therapy of Melissa
Mighty Cardinal Band Staff