



## The Results Center

For more information, contact Dr. Clay Ardoin at [Clay.Ardoin@Sculptupt.com](mailto:Clay.Ardoin@Sculptupt.com) or 713-489-8182.



### **Ryan Ardoin, PT, DPT, CSCS, Cert. DN, CPT- NASM**

Dr. Ryan Graduated from Utica College with is Doctorate of Physical Therapy in 2011. He is certified in Dry Needling, Selective Functional Movement Assessment (SFMA), has a specialty in strength and conditioning (CSCS) and is a certified personal trainer through National Academy of Sports Medicine. There are not many things that Dr. Ryan has not seen in the rehab world. He has worked with everything from rehabbing our veterans recovering from spinal cord injuries, to professional athletes recovering from injuries. Currently he is on a mission with his brother (Dr. Clay) who founded “Sculpt U” to change the way physical therapy is delivered and perceived by the community by providing exclusive one-on-one treatment sessions in the convenience of the patient’s health club.

Dr. Ryan not only prides himself with his manual techniques but also has a passion for working with rotary athletes (Golf & Tennis) as he was a collegiate golfer. His understanding of how the body moves, performs and perceives pain is extraordinary, and his history of having is own back surgery allows him to connect with his patients on a different level as he helps to reveal and achieve their fitness goals.



### **Clay Ardoin, PT, DPT, CSCS**

Dr. Clay graduated with his Doctorate degree in physical therapy from Ithaca College. He has a strong passion for bridging the gap between rehab and return to sport programming as he is also a certified strength and conditioning specialist (CSCS). Clay was a two sport athlete in college with football and track that drove his focus in optimizing performance on and off the field. Dealing with injuries through his athletic career he understands the principles of injury prevention, recovery and proper implementation of loading movement patterns.

Dr. Clay is a manual therapist that utilizes hands on techniques to unlock new ranges of motion, decrease pain and optimize movement. His programming focuses on increasing strength, endurance and flexibility while moving into functional patterns to help carry over to daily activity and peak athletic performance. Building one-on-one individualized programs that focus on the patient’s specific needs and goals is crucial for success.