

**FOR IMMEDIATE RELEASE**

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**Excel Physical Therapy and Fitness Featured on NBC 10**  
*Excel PT Cam McCormack demonstrated dynamic stretching on the NBC10! Show*

**Philadelphia, PA** – *January 21, 2009* – Cam McCormack, MSPT at Excel Physical Therapy and Fitness, an out-patient physical therapy clinic with eight locations throughout the Delaware Valley, was recently a guest on the NBC10! Show where he demonstrated a variety of dynamic stretches.

A relatively new concept, dynamic stretching is the use of motion while stretching to warm up the muscles. This is in contrast to static stretching which is the more traditional “stretch and hold” technique. When utilized correctly dynamic stretching improves balance, flexibility and overall muscle strength.

“With spring sports season around the corner, we thought it was important for NBC10! Show viewers to understand the most effective way to warm up their muscles to prevent an injury” said Cam. “Dynamic Stretching better activates the muscles and in less time compared to normal, static stretching.”

As the Manager of Fitness Services at Excel Physical Therapy & Fitness, Cam oversees the development and implementation of prevention and performance enhancement programs, as well as personal training & fitness memberships. In addition, he volunteers his time to lecture and demonstrate Dynamic Stretching to sports teams and coaches.

For more information regarding Dynamic Stretching, please call Excel Physical Therapy and Fitness at 1.866.88 EXCEL.

**About Excel Physical Therapy and Fitness**

Excel Physical Therapy and Fitness has been rehabilitating patients for over 15 years and provides physical therapy and fitness programs dedicated to improving patient’s quality of life. Excel is the largest privately owned physical therapy practice in the Delaware Valley and has eight locations throughout the region. In 2006 Excel was awarded the *Real Small Business Award for Customer Service* from the Center City Proprietors Association. For more information on Excel please call 1.866.88 EXCEL or visit [www.excelphysicaltherapy.com](http://www.excelphysicaltherapy.com).

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