

PRĪMFIT

S O L U T I O N S

What Experts are Saying About PRĪMFIT™



ARIK POREMBA, DPT

Inventor of PRĪMFIT

“PRĪMFIT allows training on an unstable surface with functional and sport specific movement improving lower body and core strength and balance. PRĪMFIT helps anyone regardless of age, shape or health move more safely, effectively and efficiently. PRĪMFIT accelerates and improves rehabilitation by not only restoring preinjury condition but rebuilding efficient and effective movement.”



JACKIE JOYNER KERSEE

Sports Illustrated's Greatest Female Athlete of All-Time
1984, 1988, 1992 and 1996 Olympic Medalist

“PRĪMFIT is essential for anyone wanting to increase their overall fitness. Adding mobility and sports specific movements to stability training is critical in fitness and athletic training. PRĪMFIT should be an integral part of any rehabilitation, athletic training or fitness program.”



DR. MAHESH BAGWE

St. Louis Cardinals Team Orthopedic Surgeon
Lower Extremity Specialist

“As a foot and ankle specialist taking care of a large variety of people, I am directing patients to physical therapy clinics utilizing PRĪMFIT. PRĪMFIT's focus on stability and balance are the key to a quick as possible return to activity.”



TAKAHIRO UCHIDA, ATC, PES

Sports Medicine Staff - Stanford University

“Proprioception training is essential in rehabilitation and athletic training programs. Significant proprioceptive ability is lost after an injury meaning there is not efficient neuro-connections between the brain and receptors in the affected areas. It is beneficial to rehabilitate and strengthen on PRĪMFIT because PRĪMFIT improves proprioceptive and neuromuscular ability in a functional specific way leading to improved abilities.”



DR. MATT MELANDER

Sports Medicine and Orthopedic Surgeon

“The reason I am excited about PRĪMFIT is that it brings a unique aspect to functional mobility in return to activity in people I see in my practice every day. PRĪMFIT can be utilized in the evolution of physical therapy by integrating stability of the injured extremity which results in better mobility.”



ABIGAIL MURER

Professional Alpine Ski Racer

“In all high level athletics, balance is key; especially when you are travelling down a mountain at 70+ MPH! I need consistent and accessible balance training while I am on the road traveling between races. PRĪMFIT is the perfect tool to help provide me with the necessary balance training that my sport requires on a daily basis.”



AL AMATO, MBA, PT

Founder of FOTO

“PRĪMFIT is a game changer for physical therapists working with patients with balance disorders and rehabilitating lower extremity orthopedic injuries. It allows a safe progression of increasingly more difficult movements that trains patients body control. I welcome PRĪMFIT as an important addition to my tools as I treat patients.”



DR. SCOTT HAINZ, DC

“As a chiropractor, we can use PRĪMFIT to help retrain the muscles that are important in the stability of the spine. PRĪMFIT gives us a way to treat the patient dynamically and functionally. In addition, PRĪMFIT is important in the prevention of injuries.”

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