

Case File No. 20-0004
Optimize Physical Therapy

Blaine Planning Department / 10801 Town Square Dr NE / Blaine, MN 55449 / (763) 785-6180



Optimize PT Background

Optimize PT owner Abby Rehberger graduated from the University of MN in 2010 and then went on to receive her doctorate in Physical therapy in 2014. Ms. Rehberger then opened a cash pay physical therapy and elite sport performance clinic in January 2017. Initially, her clinic was within the Minnesota fastpitch academy where she treated, trained and performed injury prevention courses for 250 + athletes. She has recently moved out of the fastpitch academy space in efforts to expand the practice as a whole.

Ms. Rehberger has run sports optimization and injury prevention programs in multiple locations around MN including:

- Cottage Grove (Park H.S.)
- Roseville
- Centennial Community Ed.
- Centennial Little League and Silver bullets Fastpitch
- Hudson, WI Youth Softball association
- St. Anthony Softball association
- Midwest Speed and Midwest Power Club Softball

As a clinician Ms. Rehberger specialize in shoulder, spine and athletic injuries with certifications in:

- Functional Dry Needling
- Comprehensive Sport Rehab
- Complex Shoulder rehab
- Instrument Assisted Soft Tissue Mobilization
- Muscle Energy Techniques
- Thoracic, Lumbar and SI manipulation

Customers: All ages. Primarily athletes 10-24 years old. Due to specializing in shoulder and spine she and her team treat many over-head athletes (softball, baseball, volleyball). She and her team also treat individuals 24 years and older for common orthopedic injuries/ ailments. (low back pain, migraines, etc.)

In addition to the treatment component, Optimize PT will offer sports optimization for young athletes ranging in age from 9-24 years old.

Sports optimization programs:

- Speed, Agility and Quickness
 - Off season program that focuses on running mechanics and speed training
- Power conditioning
 - Off season training that focuses on lifting technique, plyometrics and power drills
- Power Pitching
 - Focuses on arm, core and leg strength as it relates to pitching
 - Endurance training and biomechanics during lifting
- Injury prevention
 - Sport specific injury prevention courses
- Rest, recover, Restore
 - In-season program that focuses on proper stretching, strength maintenance, nutrition and yoga.

Parking overview:

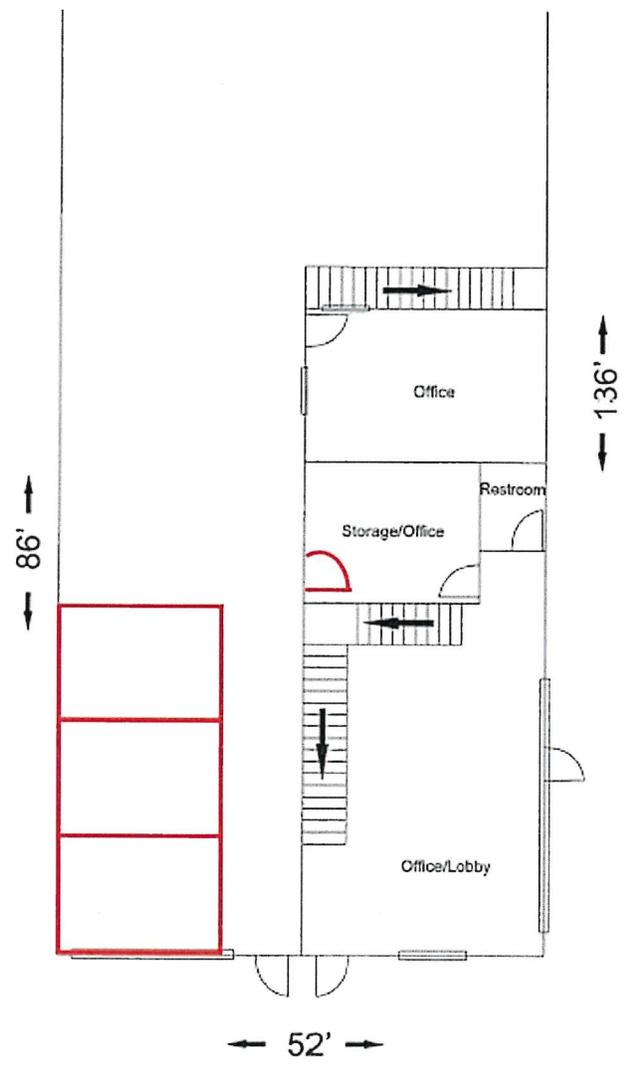
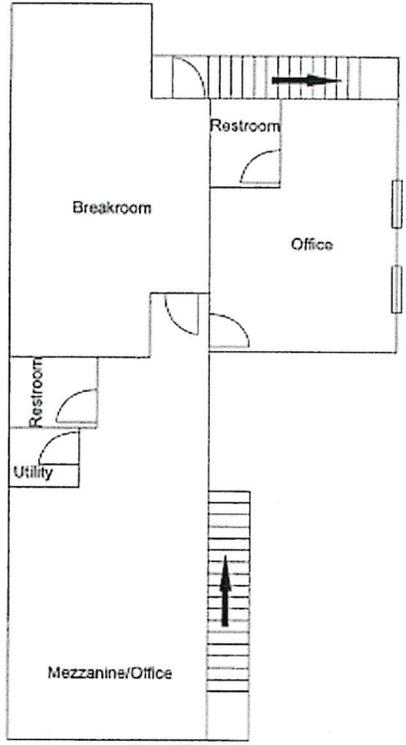
- 5am-9am Adult group classes with 1 trainer and up to 15 adults =16 parking spots
- 7am- 4pm: Therapy services
 - 2 Physical Therapists each with a patient= 4 parking spaces
 - 3 Massage therapists each with a patient= 6 parking spaces
- 4pm-9pm: Sports training
 - 20-30 athletes with 2-3 coaches/trainers. Many of these athletes are under the age to drive and are dropped off by parents whom run errands and come back to pick them up after their training, therefore, will not be taking up parking spots.

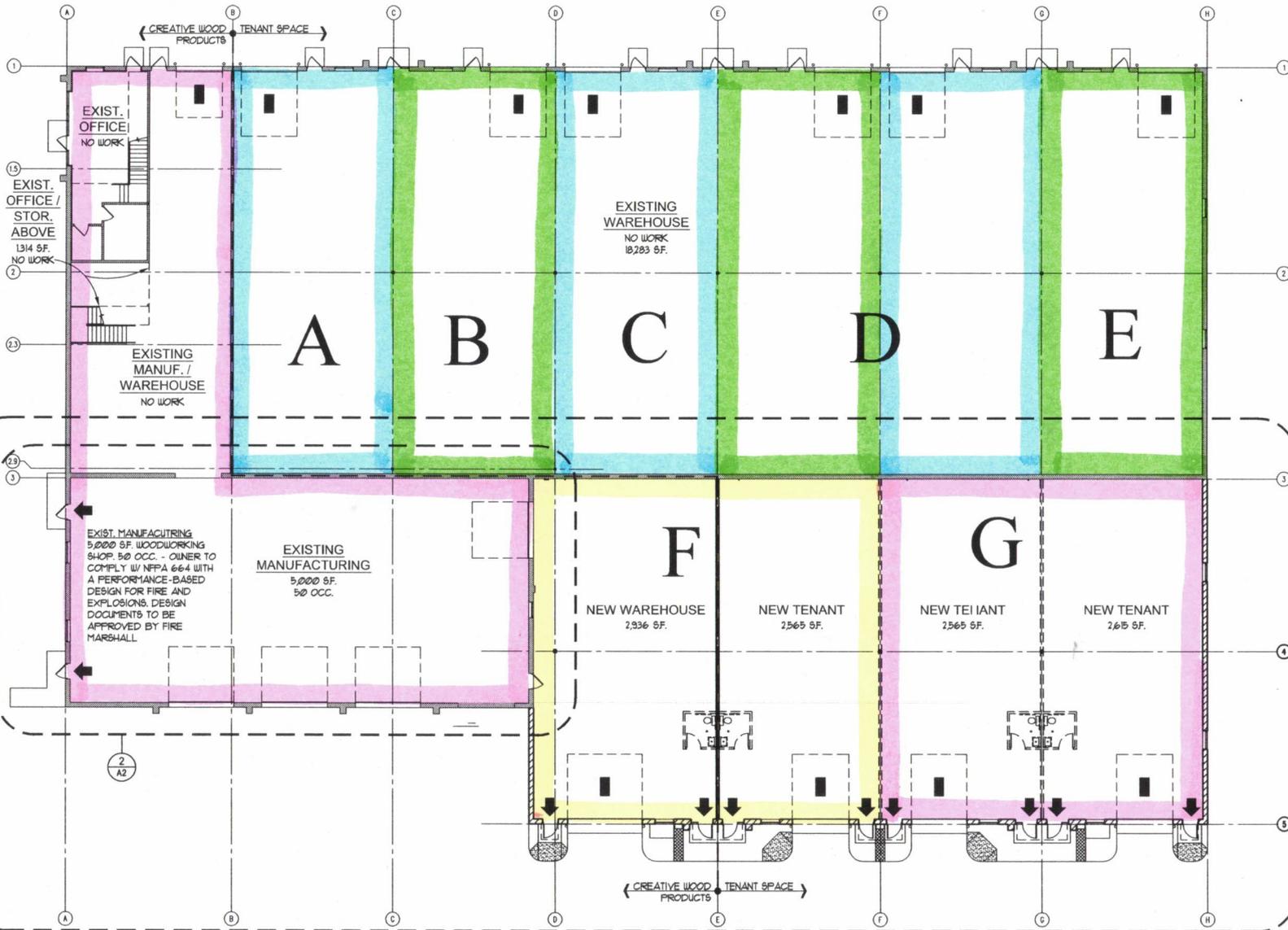
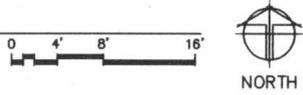
EXHIBIT A Tenant Improvements



800 Nicollet Mall
Suite 760
Minneapolis, MN 55402
612.913.5650
www.avisonyoung.com

2nd Level





1 CODE PLAN & ORIENTATION PLAN
 1/16"=1'-0"
 0 8' 16' 32'

NORTH

Tenant List

- A - Novak Hydraulic Repair
- B - Armindo's Auto Body
- C - Rich's Cabinets
- D - Diesel Cast
- E - Court Surfaces & Repair
- F - TwinStick Automotive
- G - Inspired Images

Novak Hydraulic Repair – Hydraulic cylinder repair.

Armindo's Auto Body – Auto body repair.

Rich's Cabinets – Cabinet storage.

Diesel Cast. – Motor assembly storage.

Court Surfaces & Repair – Outdoor surface paving. Storage and coordination.

Twinstick Automotive (prospective) – Machinery assembly.

Images Inspired – Metalworking machine shop.