

Physical Therapy & Functional Training Testimonials



I wanted to express to you how pleased I am with the Core Stix platform. Core Stix has contributed greatly towards our facility being able to offer challenging and diverse movements to our core strengthening and stability programs, as well as our lower extremity strengthening progression. Integrating Core Stix within our circuit training programs has been a tremendous success. Patients at our facility find it easy to learn each movement and enjoy the unique nature of the movements they are performing on the Core Stix platform.

Perhaps the greatest advantage of the Core Stix platform for our facility has been the EMG activation levels we have produced while using the Core Stix System. The activation levels for the gluteus maximus and gluteus medius is significant while using the Core Stix platform and why my colleagues and I have integrated Core Stix into regular use within our patients.

In addition to the significant levels of muscle activation, high levels of patient satisfaction, and the diversity Core Stix has added to our facility. The low profile design does not command a tremendous amount of space within our facility and utilizes a small footprint. Additionally, we also like how the modern design and sleek appearance the Core Stix platform adds to our facility.

We look forward to continuing a relationship with Core Stix and working together to develop new and innovative exercise to be used on Core Stix.

Douglas J. Hoogendyk
PT, DPT, OCS, Cert. MDT, CSCS
Orthopedic Physical Therapy Residency University of Southern California
Fellowship in Biomechanics Movement Performance Institute



We love Core Stix. We have made great use with both our Ortho and our neurologic populations. We are getting patients more upright and getting more core activation without difficulty. I even had one patient cancel her cervical spine MRI, because after one day of exercises on Core Stix, her neck pain resolved.

Jonathan C. Sum
PT, DPT, OCS, SCS, CSCS
Director of USC Physical Therapists Associates
Assistant Professor of Clinical Physical Therapy, Los Angeles, CA



I love the versatility of Core Stix for balance, strengthening and functional exercises for clients with neurologic disorders. It is unique in that you can provide both a point of stability and challenge postural control at the same time – crucial for this population. It can also be used to assist an activity like in an assisted squat, lunge or sit to stand or provide resistance, depending on the clients level of ability. We have clients that ask to come in for wellness activities, just to use Core Stix.

Julie Hershberg
PT, DPT, NCS, Owner [re+active] Physical Therapy & Wellness

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We now have 15 sets of Core Stix in our clinics and they are fantastic. Our clinics specialize in back and neck rehabilitation and Core Stix has introduced a wide variety of new functional exercises for our patients. We are seeing significant changes in patients and have had nothing but positive feedback from patients both young and old.

The beauty of Core Stix in the rehab setting is the ability to engage dysfunctional core stabilizers in different positions. Due to the ability to change resistance so easily we can isolate and target problematic muscle areas and instantly see if patients are compensating and make immediate changes in positioning or tension to maximize their exercise potential.

This is such a valuable tool in rehab and not often an option when using more stationary machines. The other distinct advantage is the ability to customize exercises for my 15 year old patient to an 85 year old patient with significant health issues. By having patients on their feet and performing a variety of movements nearly everything we do is functional and translated into "real life" activities. The devices themselves are easily moved and fit in even the smallest clinics. I could not be happier with our investment.

Galen Danielson
PT, DPT, Chief Operations Officer, Rehab Authority



Core Stix is a very versatile piece of equipment that does not take up a lot of space in the clinic. It mimics functional movement patterns unlike a lot of the weight equipment that is found in gyms. This allows a carry over to real movement patterns in your patient's rehabilitation. I strongly recommend Core Stix for all physical therapy clinics.

I work solely with patients post-concussion conditions. Core Stix has allowed me to strengthen the scapular and core musculature of my patients with cervical impairments. I can strengthen them in a neutral position without a lot of cervical movement. As they progress through the stages of concussion rehabilitation, Core Stix allows for more dynamic movements and exercises with head turns.

Cara Troutman-Enseki
Physical Therapist at the UPMC Center for Sports Medicine



I am an owner and partner with Rehab Authority. When we first saw Core Stix in January 2013, we thought it was SO COOL! We put them in about half of our clinics to try them out. In our clinics we do a lot of spinal rehabilitation and a lot of core strengthening stabilization. So, Core Stix works perfectly with what we do. I want to give a "TWO THUMBS UP" to Core Stix!

Eldon Johnson
Owner, Rehab Director, and Physical Therapist, Rehab Authority

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I've had 2 sets of Core Stix in my facility for the past year and couldn't be happier with the results that my staff and I have seen with our clients. It is one of the most versatile tools I've ever found. The fact that it's scalable for any user is wonderful. I have taken a 68-year-old stroke client straight to a high level tri-athlete.

The core activation in the standing position is unlike anything I have found in my 20+ years in Medical Exercise. Because they are forced to engage their core during all movements makes the Core Stix a great tool for both integration and re-education.

Additionally, fact that the Stix can be used for both resistance as well as assistance is extremely useful. I can't tell you the numerous clients with whom I have used the Core Stix to assist in learning how to stand up from a seated position after knee and hip surgery. It is the ultimate tool for Medical Exercise, from Rehab to Performance, it does it all.

Please see Core Stix video review from Brian at the following link:

<https://www.youtube.com/watch?v=C9Rgoduv9oM>

Brian Richey

*Medical Exercise Program Director and Medical Exercise Specialist
Post Rehabilitation Conditioning Specialist, Owner Fit 4 Life DC*



I love using Core Stix for my patients with hip weakness and balance problems. I haven't found anything that works as well to teach this patient a hip strategy and also work on their strength and control.

Erin Caudill

PT, DPT, NCS

*Certified Neurologic Specialist Physical Therapist
Adjunct Professor of Clinical Physical Therapy, U.S.C.*



At first I thought Core Stix was a "fad", a piece of equipment that would just come and go. I didn't really know where it would fit in my clinic. But, as I've gotten to use it over the last year I've found it to be a very valuable tool for a lot of different types of patients and I'm really a BIG FAN now!

The patient feedback has really been great. We've been able to use it on a wide variety of different patients from low level post surgical patients to high level athletes and they've all been able to find their own way to make it challenging effectively.

Ben Quznia

Doctor of Physical Therapy and Rehab Director, Rehab Authority

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I highly recommend Core Stix to anyone wanting a safe, efficient, compact and highly effective way to engage not only core muscles, but all major muscle groups as well.

Jeff Hendra
MSPT, MTC, SCS, CGFI
PGA TOUR Sports Medicine Team



About a year ago, I got crushed by a concrete pump and took a couple discs out of my back. Just a couple of months ago I was introduced to Core Stix. I really enjoy just how well it has worked for me. It is absolutely user friendly and with the help of the staff Core Stix really pushes you. It is challenging but, targets the muscle groups that need to be challenged.

Ian Gumm
Physical Therapy Patient