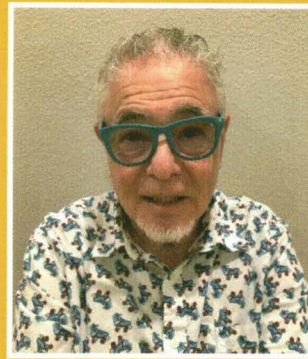


meet

HEALTH COACH

Dr Dennis Shavelson



Dr Sha has mass-produced his own kinesiology tape, corrective footpads and dynamic foot braces that enable him to guarantee surprising results after the initial consultation and one visit.

Dr Shavelson is now available at SNAP Fitness Tampa - 813 814 1984, by appointment.

Until then, Dr. Sha has five key pieces of advice to offer:

If you've had a chance to meet Dr. Dennis Shavelson in person, you might learn that "awesome" should be his middle name. Though he's only lived in Tampa for 8 months, he comes here loaded with knowledge and passion as a Health Coach and Sports Medicine Specialist.

Originally from Brooklyn, NY, this father of 5 children and grandfather to 7, finds time to salsa dance with his wife and play Pickleball. When Covid forced him to end his New York City career & relocate,

Dr. Sha, as he is nicknamed, pivoted to start the next phase of his professional career by becoming a Certified Health Coach and Human Movement Specialist here at SNAP Fitness Tampa in Waterchase.

Shavelson is the former Chief of Podiatry at Mount Sinai Medical Center in NYC. He has specialized in root cause and integrative podiatry for many decades. He's also a board-certified foot and ankle surgeon and a fall prevention expert. He has U.S. Patents

regarding biomechanics diagnosis and treatment of the feet and posture that correct stability, support, balance and performance related issues in the foot and posture after a consultation and just one visit.

His new career is focused on two things — "The first," says Dr. Shavelson, "is to alert the public about the fact that 70% of us have underpinning collapse and progressive weakness in our feet that play a major role in foot and postural breakdown, deformity, and degeneration over our lifetimes. The second is the closet fact that this collapse and these weaknesses in our feet with early care can be corrected, rehabilitated and reversed without surgery.

Using kinesiotape strappings, corrective pads and dynamic foot braces (custom inserts), he steers malaligned feet into more optimal positions just like dentists brace teeth and jaws in orthodontics. His exercise & biofeedback plans realign feet so they have renewed stability, support & balance, often to the point of removing the braces and tape just like a dentist.

1. Seek help if your child has knocked knees (the first sign of restorative foot collapse) or is not performing to expected levels like his/her peers.
2. Seek a proactive consultation if you or someone in your family is losing balance or has fallen.
3. Seek Dr Sha if you are taking pain or anti-inflammatory pills for foot, ankle, knee or back problems for more than 4 months without improvement.
4. Reduce wearing flip flops, Crocs, and flat sandals that promote feet to collapse as well as heels greater than 1.5 inches.
5. Try not to select a sport, activity, or task that you are not physically capable of doing well (know your limits).

For a complimentary 10 minute phone call or to schedule your consultation, at

**SNAP Fitness Tampa
Text or Call Dr Sha
845 536 3338**

