

Z Altug Services

Z Altug, PT, DPT, MS, OCS, a board-certified doctor of physical therapy, provides private residence and on-location therapy and wellness services in Los Angeles.

Please contact Z Altug at zaltug13@gmail.com to find out more information about his personalized services.

FEATURES OF MY SERVICE:

- One-on-one care for 60 minutes (or longer, if needed)
- Self-pay only (no medical insurance billing)
- Provide home-based/concierge services at a private residence or on-location setting (studio lot, work office, fitness center, or park)
- Primary service locations in Los Angeles (Santa Monica, Brentwood, Pacific Palisades, Malibu, Beverly Hills, and the South Bay area)

SERVICES PROVIDED:

Physical Therapy

- Telehealth
- Annual musculoskeletal checkups
- Therapeutic exercises
- Soft tissue mobilization
- Joint mobilization/manipulation
- Neuromuscular re-education
- Sports taping
- Post-surgical orthopedic rehabilitation

Manual Therapy

- Acupressure
- Deep Tissue
- Myofascial Release
- Cupping
- Gua sha
- Graston Technique

Fitness Training

- Sports performance enhancement
- Movement screening
- Functional training
- Core conditioning
- Weight management

Corporate Workshops

- Injury prevention
- Pain management
- Lifestyle education