

Braintree resident joins Peak Physical Therapy & Sports Performance

Peak Physical Therapy and Sports Performance, a South Shore practice, recently announced that Rose Wan Zaid, of Braintree, has joined the firm, working from the practice's Quincy location.

Wan Zaid, who specializes in manual therapies that help to restore affected body symmetry to mid-line, considers all aspects of a person's life to develop the most accurate clinical picture when formulating an appropriate plan of care. Her approach is primarily centered around biomechanics and muscle balance that is unique to each individual.

She is a graduate of UMass Amherst with a Bachelor of Science degree in kinesiology, with a focus in strengthening and conditioning, and went on to do her postgraduate studies at American International College.

In her free time, she enjoys outdoor activities including hiking, running and rock climbing.

"I love travelling and meeting new people from all places with all kinds of stories," Wan Zaid said. "I believe that we all have our own battles, but my passion is in always lending a helping hand to any person



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[COURTESY PHOTO]

in need."

"Rose is conscientious about providing patients with the proper education to increase their body awareness and facilitate the best outcome," said Eric Edelman, PT, owner of Peak Physical Therapy and Sports Performance. "Her devotion to clients and to our profession is outstanding; we are delighted to have her join our practice."

