

Justin Prier, MSPT, CSCS, PES, CPT

Professional Profile

Justin is a graduate of Kansas State University. He received his Bachelor of Science degree in Life Sciences. He initially began his career in physical therapy and personal training as a technician/trainer working with highly esteemed medical facilities in the Kansas City and Dallas areas where he was strongly mentored in clinical reasoning and functional exercise progression. He then returned to the University of Kansas Medical Center where he received his Master of Science Degree in Physical Therapy. Over the ensuing nine years, Justin extensively studied and developed "hands on" manual therapy skills, developed and taught spine, golf, and exercise courses, successfully opened and managed three different orthopedic physical therapy clinics, and won numerous "artistry" and performance awards for his personal training. Justin holds certifications as a Strength and Conditioning Specialist, Performance Enhancement Specialist, and Physical Fitness Specialist.

Justin believes in "Gains without the Pains" and that the pursuit of fitness should be informative, fun, and energizing. To every training session he brings an extensive background in mobility techniques, exercise progression, humor, and professionalism. He subscribes to lifelong learning and the pursuit of excellence through continued education with courses dealing with the mastery of anatomy, biomechanics, and neuroscience and their connection to the healing and strengthening body. His applied knowledge of physiology and body mechanics enables him to effectively challenge each individual client so they may reach their goals as efficiently as possible. Justin's specialty lies in dealing with clients who have a desire to achieve overall health, sport specific goals, and/or freedom from injurious and painful limitations.