

New physical therapy business opens in Allegheny Township

East Suburban Sports Medicine Center partners with Kiski Area

BY JOYCE HANZ

A new physical therapy business in Allegheny Township has partnered with the Kiski Area School District.

East Suburban Sports Medicine Center opened Jan. 2 at 451 Hyde Park Road in Hyde Park Plaza.

ESSMC, the official sports medicine provider for Kiski Area, signed a three-year athletic training contract with the district in July.

Co-owner and Vice President Michael Tardio said two athletic trainers are on staff each school day to respond to any injuries on campus among student-athletes in grades 7-12.

East Suburban Sports Medicine's licensed Kiski Area athletic trainers, Emily Strama and Nathan Sroka, serve about 150 athletes within the district.

"We selected Hyde Park Plaza for the convenience and proximity to the school to treat any of the athletes that require physical therapy. You can walk across the street to the school," Tardio said. "But although our name has sports medicine in it, we don't just treat sports injuries."

East Suburban Sports Medicine Center opened in 1984. It staffs nutritionists, therapists and athletic trainers skilled in the latest physical therapy methods. Those include the treatment of physical and occupational therapies, athletic training, vestibular rehabilitation, pelvic health physical therapy, neuro rehab, lymphedema therapy and hand therapy.

The other co-owners are President John Bonaroti and Vice President Marielle Bonaroti Reynolds.

Allegheny Township officials

praised the ongoing new businesses opening in the rural township.

In 2022, four new businesses—a hair salon, specialty drink shop, beer distributor and Taco Bell—opened in the township.

In addition, the long-closed Hyde Park Plaza was purchased for \$3.8 million on Sept. 16 by Pittsburgh-area business developer and Fox Chapel resident Jeff Paul.

"It's great to see the start of 2023, and we already have another new business. This will be another great asset for the residents, as well as the Kiski Area High School," Supervisor James Morabito said. "This is just the beginning of what we can expect in 2023, with new businesses opening in our township."

Supervisor Ren Steele echoed Morabito's comments.

"I'm glad that the Hyde Park Plaza is being redeveloped with the addition of East Suburban. Hyde Park Plaza is at the center of our commercial district and right across from Kiski Area High School and middle school. It's a great place for a new business," Steele said.

Clinic director and physical therapist Lauren Brennan has ties to the Kiski area.

Her mother is a Kiski Area alumna, and Brennan has family residing in the area.

Brennan earned her doctorate of physical therapy from the University of Pittsburgh and said she enjoys working with orthopedic, post-surgical patients and sports-related injuries. She is certified in personalized blood flow restriction therapy.

In addition to an open therapy space, there are two private rooms. The average therapy session lasts about an hour.

"We're averaging about eight patients a day, pretty good for just opening," Brennan said.

Allegheny Township Manager Greg Primm said economic development is essential to the Alle-Kiski Valley.

"The township is always very happy to see new businesses come to empty spaces in our commercial areas," Primm said. "We hope they are a great success and generate business they need to stay for a very long time. We appreciate East Suburban's presence in our business community."

Township Supervisor Mike Kornis said he is excited to see another business, adding that supervisors have been successful in attracting new commercial properties to the township.

Kornis praised Paul's recent enhancements to Hyde Park Plaza and said Paul is working closely with the township to achieve common goals.

"I'm working with another property owner in the township to fill some of his units. I think new tenant ESSMC will help us attract other tenants in some of our other vacant properties," Kornis said.

In addition to the Allegheny Township site, East Suburban Sports Medicine Center has seven other physical therapy centers in Greensburg, Penn Hills, Penn Township, Plum, Monroeville, Murrysville and North Huntingdon.

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PHYSICAL THERAPY
from page **A3** to **A5**



East Suburban Sports Medicine Center co-owner Michael Tardio gives a tour of the newly opened physical therapy business in Hyde Park Plaza in Allegheny Township. PHOTOS: JOYCE HANZ | TRIBUNE-REVIEW



East Suburban Sports Medicine Center employees Braeden Koehler and physical therapist/clinic director Lauren Brennan work Friday in their Allegheny Township office.