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**PHYSICAL THERAPY AND ACTIVE LIFESTYLE CLINIC, PRESIDIO SPORT & MEDICINE, LAUNCHES
WWW.PRESIDIOSPORT.COM AND RELOCATES TO THE PRESIDIO**

*New Online Resources and Presidio Facility Designed to Enhance PSM
Patient Experience and Provide Easy Access to Clinic*

SAN FRANCISCO, Calif., September 23, 2002—Presidio Sport & Medicine, (PSM), an active lifestyle and wellness clinic that specializes in physical therapy, orthopedic rehabilitation, athletic-related and over-use injuries, sport-specific conditioning and training, aquatic physical therapy, massage, Pilates, and pre-and-post natal counseling, today announced the launch of its website, www.presidiosport.com. The new site provides doctors and patients with fast and easy access to the clinic's latest information, news and events. The launch of PSM's new site is made in tandem with the announcement of its relocation to San Francisco's historic Presidio in December 2002, enabling PSM's patients to benefit from its unique brand of physical therapy and holistic wellness like never before.

A recent study released by the American Medical Association sites nearly 78% of U.S. physicians now use the Internet. Over 2/3 of these physicians go online daily; this is an increase of 24 % since 1997. Patients and doctors alike can now visit PSM virtually through its Web site to get the latest information about the clinic such as upcoming lectures, new specialists and offerings, company news and events. The newly enhanced site provides doctors and patients with an alternative communication venue to interact with PSM's medical staff, and a visual reference tool for its state-of-the art facility, modalities and unique offerings such as custom foot orthoses; specialty massage techniques; Pilates methods; aqua therapies; and specific physical therapies.

In December 2002, Presidio Sport and Medicine will move its current clinic to San Francisco's historic Presidio. PSM clientele will benefit from the spectacular views, dynamic shoreline of the 1,480-acre park, and its easy access to both San Francisco and Marin County. The new facility will boast state-of-the-art equipment that provides for more effective physical therapy, massage, aquatic therapy and Pilates training sessions. In its Presidio location, PSM will double in size to 5,200 square feet, increasing its actual gym size by three times. This increase in space will provide additional room for individualized rehabilitation sessions and specialized equipment as well as a specific training area for intense workouts with weights and personal trainers. Patients will also benefit from the abundance of free parking, reserved especially for clinic and its visitors.

"Presidio Sport and Medicine is committed to designing individualized and goal-oriented programs that enhance the active lifestyles of our clients through physical therapy, conditioning and wellness," said Chris Chorak, founder of Presidio Sport & Medicine and a race day nutrition and injury prevention expert. "By combining our new online presence with a larger physical presence that's doubled in size, we are providing an enhanced environment in which patients can improve the quality of their lifestyles."

The staff at Presidio Sport & Medicine consists of conditioning and wellness experts who are active members of the community. PSM staff provide complimentary, informative lectures about important topics such as injury prevention; race day nutrition; women's health; osteoporosis; hyponatremia; active lifestyle and wellness conditioning; performance training; physical therapy and rehabilitation and act as consultants to YMCA triathlon groups; the AIDS Marathon teams; Leukemia & Lymphoma Society's Team In Training (run, mountain bike and triathlon teams); TRI Team San Francisco; and the Marin County school district sports teams. PSM also offers complimentary water running classes at the local YMCA and medical services in the Hawaiian Ironman medical tent

About Presidio Sport & Medicine (PSM)

Presidio Sport & Medicine (PSM) is an active lifestyle and wellness clinic that specializes in physical therapy, orthopedic rehabilitation, athletic-related and over-use injuries, sport-specific conditioning and training, aquatic physical therapy, massage, Pilates, and pre-and post-natal counseling. The PSM facility, located in San Francisco, California, features a variety of cutting-edge methods that enhance patients' recoveries and conditioning programs such as Pilates equipment, treadmills, circuit trainers and more. PSM equally challenges its clients whether they're recovering from total knee replacement surgery, an athlete training for the Western States 100 miler or a hopeful Hawaii Ironman qualifier. Presidio Sport and Medicine can be reached at www.presidiosport.com or 415-574-9530. Fax 415-674-9532.

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