

iAthlete Physio Expands to a Second Location

September 29, 2025

PASADENA, CA - September 29, 2025 -
iAthlete Physio is proud to announce that it has opened its second location in Pasadena, California, marking a significant step forward in expanding its unique approach to results-driven physical therapy and gold performance training. Known for working closely with modern-day athletes and active individuals, the practice has earned a reputation for its commitment to clinical excellence, rapid recovery times, and data- and research-backed performance strategies.

The new location in Pasadena brings iAthlete Physio?s care approach, which blends physical therapy, sports performance training, and swing-analysis-based golf coaching, to a broader Pasadena community. This comprehensive approach to full-body care is unique in Pasadena?s competitive health and fitness landscape. By closing the gap between physical therapy and movement performance, iAthlete ensures that clients aren?t just recovering from injuries, but also returning to their favorite physical activities in better shape than before.

iAthlete Physio is founded on a ?better than you were? philosophy, and blends tried and tested methods with proven techniques to provide their clients with long-lasting results. The new Pasadena location offers access to the same level of detail-oriented care that patients have come to expect from the original Torrance facility.

This includes personalized care and training plans that focus on dealing with ongoing pain issues and improving sports and movement performance.

The core of iAthlete Physio?s unique approach to care is the collaboration between physical therapists, performance coaches, and movement specialists. These experts work together to address the root causes of bodily dysfunction, as opposed to the symptoms (as is usually the case).

For athletes, this includes sports-specific strength programming and mechanics adjustment. For an everyday, non-competing client who simply wants to move better, this could mean developing improved postural awareness and a sustainable plan for injury prevention.

The Pasadena clinic also offers specialized gold physical therapy services, drawing from both biomechanical analysis and performance coaching. This includes detailed swing assessments and training protocols that support both recovery and enhancement. The goal is to coach and train the body in sync with the golf swing, helping clients return to the game with greater efficiency and fewer setbacks.

The new space in Pasadena also provides an opportunity to further the clinic?s role as a trusted ?second opinion? provider. Many individuals come to iAthlete Physio after trying other options, looking for a fresh perspective on lingering or complex issues. Just as with the previous location, the new space also offers an educational environment that prioritizes movement literacy and patient empowerment.

?Our goal with the Pasadena clinic is to expand access to a smarter, more personalized approach to physical therapy and performance care,? said Noolee Kim of iAthlete Physio. ?We want to meet people where they are in their journey, regardless of whether they?re trying to shave a few strokes off their golf game or resolve a pain that?s been bothering them for months. Every session is grounded in listening, movement analysis, and a clear plan forward.?

With its latest expansion, iAthlete Physio aims to become a local go-to resource for those seeking cutting-edge physical therapy in Pasadena. As the practice continues to grow and expand, iAthlete Physio remains committed to its core values of clarity, precision, and performance, all of which are delivered through a high-touch experience that supports positive long-term outcomes. The new clinic is now accepting appointments and welcomes individuals of all ages and performance levels.

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i.Athlete Physio

i.Athlete Physio is a Performance Physical Therapy & Golf Performance Center in Pasadena, CA known to provide results-driven, unconventional Physical Therapy for the modern day Athlete.

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