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FOR IMMEDIATE RELEASE

Dr. Tim Maggs and Coach Trevis Wyche Launch the Structural Fingerprint® Stretch & Mobility Program

First-of-Its-Kind Assisted Stretch Program Based on Each Individual's Unique Biomechanics

SCHENECTADY, NY — Dr. Tim Maggs, developer of the Structural Fingerprint® Exam and founder of the Concerned Parents of Young Athletes (CPOYA®) Program, is proud to announce the launch of the new **Structural Fingerprint® Stretch & Mobility Program**, an innovative assisted stretching and mobility system designed to help individuals of all ages improve flexibility, mobility, balance, stability, posture, and overall quality of movement.

Joining Dr. Maggs in this exciting new venture is **Coach Trevis Wyche Jr.**, Head Coach and General Manager of the New York Phoenix Professional Basketball Team. Together, they are introducing what they believe is the first stretch and mobility program specifically designed around an individual's unique structural and biomechanical profile.

Unlike traditional stretch programs that apply the same stretches to every participant, the Structural Fingerprint® Stretch & Mobility Program begins with an evaluation of each person's unique biomechanics. The findings are then used to create an assisted stretching and mobility experience tailored specifically to that individual.

"One of the greatest flaws in today's stretching industry is the assumption that everyone should be stretched the same way," said Dr. Tim Maggs. "The reality is that no two people are structurally identical. Every individual has a unique Structural Fingerprint®. By understanding how a person's body is built and how it functions, we can develop a stretching and mobility program specifically for them rather than using a one-size-fits-all approach."

The program is based on nearly five decades of clinical experience and thousands of biomechanical evaluations performed by Dr. Maggs on patients ranging from youth athletes to professional athletes and active seniors. It incorporates principles developed through the Structural Management® Program and Structural Fingerprint® Exam, systems designed to identify asymmetries and biomechanical imbalances that may affect movement, performance, and long-term health.

Coach Trevis Wyche brings extensive real-world experience in sports performance, athletic training, and human movement.

Born and raised in Neptune, New Jersey, Wyche graduated from Saint Peter's University, where he studied Sports Science while earning a degree in Sports Management. His playing career included collegiate basketball, professional basketball overseas, and the NBA G League. Throughout his career, he worked with numerous trainers, strength coaches, and performance specialists, gaining valuable hands-on experience in mobility, recovery, conditioning, and athletic development.

Today, as Head Coach and General Manager of the New York Phoenix, Wyche understands firsthand the importance of maintaining mobility and taking care of the body.

"I've worked with countless trainers and performance specialists throughout my basketball journey," said Wyche. "One thing I've learned is that your body is your greatest investment. Take care of it, and it will take care of you. I'm excited to bring what I've learned to people of all ages and help them move better, feel better, and live better."

The Structural Fingerprint® Stretch & Mobility Program is designed for:

- Youth athletes seeking improved movement and injury prevention
- High school and collegiate athletes
- Professional athletes
- Active adults
- Seniors seeking improved mobility and independence
- Individuals experiencing stiffness and movement restrictions
- Fitness enthusiasts looking to improve flexibility and performance
- Anyone interested in maintaining an active, healthy lifestyle
- The program may include:
 - Structural and biomechanical assessments
 - Assisted stretching sessions
 - Mobility evaluations
 - Balance and stability training
 - Corrective movement strategies
 - Flexibility improvement programs
 - Individualized mobility plans
 - Ongoing progress evaluations

The Structural Fingerprint® Stretch & Mobility Program will be offered exclusively at the offices of Dr. Tim Maggs and will be available by appointment only.

According to Dr. Maggs, the goal is simple.

"We want to help people move better for life. Whether you're a young athlete trying to improve performance, a professional athlete trying to stay healthy, or a senior who simply wants to remain active and independent, mobility matters. This program is designed to help people achieve that goal through a personalized approach that respects their unique structure."

The launch of the Structural Fingerprint® Stretch & Mobility Program represents another step in Dr. Maggs' ongoing mission to move healthcare and performance enhancement from reactive treatment to proactive prevention.

For additional information or to schedule an appointment, contact:

Dr. Tim Maggs-DrT@DrTimMaggs.com

Developer, Structural Fingerprint® Exam

Founder, Concerned Parents of Young Athletes (CPOYA®)

Director of Sports Biomechanics, New York Phoenix Basketball

About Coach Trevis Howard Wyche Jr.

Trevis Howard Wyche Jr. is the Head Coach and General Manager of the New York Phoenix Professional Basketball Team. A graduate of Saint Peter's University with degrees in Sports Science and Sports Management, Wyche has competed at the collegiate, overseas professional, and NBA G League levels. His experience working with elite trainers and performance specialists has shaped his passion for helping individuals maximize movement, mobility, and overall physical well-being.

About Dr. Tim Maggs

Dr. Tim Maggs has spent nearly five decades studying biomechanics, injury prevention, and human performance. He is the developer of the Structural Fingerprint® Exam, the Structural Management® Program, and founder of the Concerned Parents of Young Athletes (CPOYA®) Program. His work has focused on identifying and correcting biomechanical imbalances before they lead to injury, pain, and reduced quality of life.