

**DIVE TRAINING** **HEALTH & FITNESS**

# Cindy Shaw earns ScubaFit certification

CALIFORNIA DIVER - OCTOBER 8, 2013

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Cindy Shaw, PT, OCS, BCB, the owner and director of Orthopaedic and Spine Care Physical Therapy ([OSCPT](#)) in Huntington Beach recently became a certified ScubaFit Instructor.



Cindy Shaw

Cindy is a board certified physical therapist specializing in orthopedic injury prevention and rehabilitation. Scuba diving is her other passion and she spends as much time on or in the water as she can. Cindy is an avid California diver and ventures often to Mexico with almost 500 dives in five years. Combining her love of diving with her love of physical therapy, Cindy works with scuba divers helping them return to diving and optimize diving fitness.

Cindy and her staff at OSCPT specialize in spine (neck, mid-back, low-back, pelvis) and extremity dysfunctions and are committed to providing clinical excellence in both patient care and service. OSCPT began in 1992 as the dream of Cindy to create a Physical Therapy practice that fosters highly skilled manual therapy care in an environment that encourages healing. Started with Cindy as the only therapist, OSCPT now has five therapists focused on excellence in patient care. In addition to the ScubaFit program, Cindy offers, Pilates and Yoga.

Cindy and [ScubaFit](#) founder, Gretchen M. Ashton, CFT, SFT, SFN, NBF, will be co-teaching the ScubaFit Diver Course on Thursday, October 17, 2013, from 6:00 p.m. to 8:00 p.m. at OSCPT, 6082 Edinger Avenue, Suite 100, in Huntington Beach. Divers with questions may contact Cindy or Gretchen at (714) 840-1505 or (760) 271-6069. For more information visit [www.oscpt.com](#) and [www.scubafit.com](#). Cost of the course is \$245.00 and includes all materials plus a diver certification card. This two-hour session is for practical demonstrations and final examination. Reserve a space and complete course work online [here](#).

The ScubaFit course will help you improve your diving performance and reduce the risk of injury and illness. The course includes activity specific exercises and training concepts that enhance diving activities and an introduction to nutrition and hydration for diving.

The ScubaFit Diver Course is a PADI distinctive specialty and an ISSA continuing education program. For more information: [www.scubafit.com](#), and find us on [Facebook](#).



Gretchen Ashton