



Brian Van Sise, MPT

Making the Capital Region Smile

By Jenna Caputo | Photos By Angela Mia Photography & Contributed by Brian Van Sise

Brian Van Sise has long wanted to make people feel good about themselves—both physically and mentally. Helping others through his work as a physical therapist checked off one box. Now, adding new services to his photography business is checking off box number two.

Originally from Huntington, NY, Brian and his family moved from the Long Island area to the heart of the Adirondacks in Keene, NY when he was 14 years old. “It was quite the change going from suburban to rural and a high school class of 1000 to 11. I did enjoy the small-town lifestyle and I still enjoy it today,” he says. Brian was always outside playing baseball, riding dirt bikes, or skiing and snowmobiling. “When I was growing up, you would just jump on your bike and find someone to do something with, unlike today when you have to make a playdate,” he remembers.

Brian joined the United States Air Force and was in the service for four years. “I was a bit rebellious while I was in and did

not appreciate what the military offered until after I got out,” he states. During his time there, Brian was an armed services representative of the US Bobsled Federation before eventually becoming a personal trainer after he returned to civilian life.

He had been involved in sports and training himself for many years so becoming a trainer was a natural evolution. He specialized in helping his clients with power and speed training. Eventually, physical therapy (PT) seemed like a natural transition, and he has had a diverse PT history since, working in rehab centers, inpatient care, home care, and even was a Therapy Supervisor for Saratoga County when the county still offered those services. However, his main focus has been outpatient orthopedic work. Treating a variety of diagnosis for all ages, Brian now works at The Green Room Physical Therapy here in Clifton Park. For anyone that needs PT services, he highly recommends seeking a place that allows for one-on-one treatment for more personalized care.



camera. A few years ago, he decided to start his photography business. It began while taking pictures at his son's soccer games. Specializing in sports photography, Brian shoots action shots as well as both team and individual sports and sport portraits. Brian has also now branched out to include formal portraits, real estate, and branding work. He photographs landscapes and wildlife for fun. On the side, he teaches photography classes through Oates. "I enjoy interacting with the client, especially those who are not comfortable in front of the camera, and making it fun for them," Brian says. Being comfortable is key, so he suggests those searching for a photographer find someone they enjoy talking to in order to make the session easier. The photographer should always set the mood/location based on *the client's* interests, not on what is easiest for the photographer.

Even though he's constantly active and on the go, Brian has also always loved photography—so much so that he's very rarely found in any pictures since he's always behind the

As a small business owner himself, Brian constantly looks for ways to support other local businesses. When the pandemic hit, he knew the community needed to band together to get

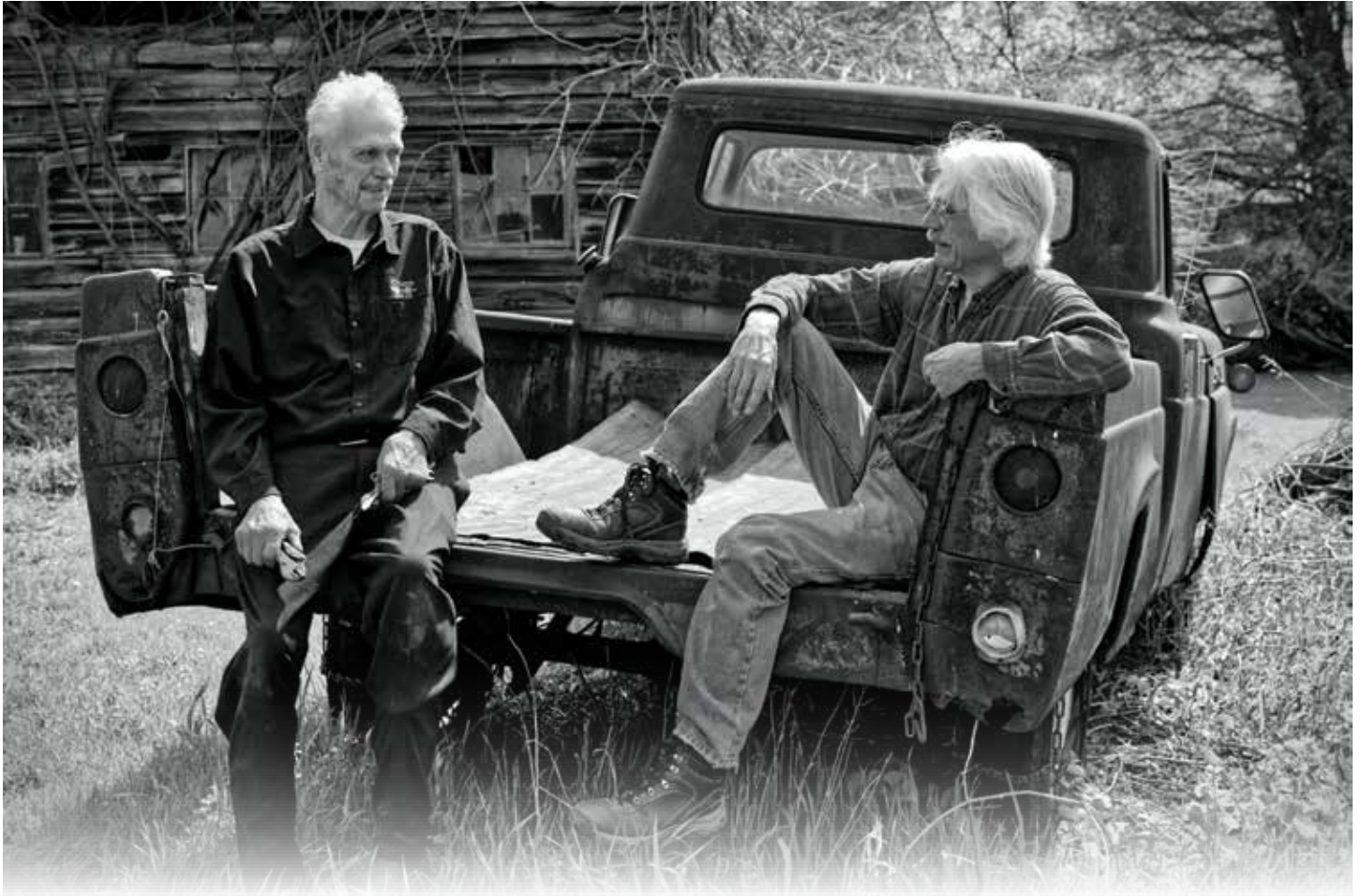
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everyone through. To do his part, he offered “porchtraits,” taking photos of families in the community out on their porches for free, giving them their own copies of the pictures while also posting them on the Clifton Park Community Facebook pages. In lieu of payment, he asked the families to purchase a meal from a local restaurant instead.

Being a photographer is more work than most people think. It’s not just about shooting a picture and calling it a day. That



is only the beginning. There's a lot of post picture work that happens behind the scenes to make the incredible shots that we eventually see. It takes an intense amount of time and creative energy.

Brian is now married to his wife, Karen, who is an SLP in the Scotia Glenville School District. Their son, Conor (20), graduated Shen in 2019. Conor graduated HVCC this year and is transferring to Ithaca College this fall to pursue his studies in film with the dream of someday directing. The Van Sise family also has a rescue dog, Bullseye, adopted through the Benson's pet shop adoption day. Bullseye is a mixed breed saved from Florida and brought here by Homeward Bound.

Brian is still very active, and besides going to the gym, enjoys walking, biking, and kayaking. He also likes a good challenge, but his wife and son are not so keen on joining him. "I convinced my son to go on a ropes course with me and had initially agreed to stay on the easy course, but I diverted him to a harder course. Let's say that is not a fond memory for him," Brian laughs. Brian enjoys travelling and especially loves beach locations. The gulf coast of Florida is his current favorite, but he's hoping to someday go to Iceland as well to experience something different. When home here in the Capital District, Brian loves to kayak in the numerous lakes in our area. He also regularly attends the farmers markets to



support local business any way he can.

But it's not all about business and fitness. Brian likes to play too! A massive Marvel/Star Wars fan, Brian can often be found at comic book conventions, especially loving the cosplay aspect of the event. "I am a thespian at heart!" he says. Before the pandemic, he was part of a charity cosplay group, taking pictures with the crowds in exchange for donations that went to suicide prevention. He especially loves to play Wolverine. "I look a little like Hugh Jackman in costume," he says.

Until he can get back among crowds in full costume, Brian is going to continue building his photography business and elicit as many smiles out of the community as he can!

For more information about Brian's photography services, visit his website at brianvphotography.smugmug.com.

