



## SPORTS PERFORMANCE PROGRAM

### The Program

Our program concentrates on improving athletic performance as well as reducing the risk of injury. We work with athletes of all ages to identify areas of deficit through athletic testing and orthopedic assessment and use these results to develop an individualized training program for each athlete. The first half of each training session is devoted to developing explosiveness, speed, strength and agility. Then each session is ended with a conditioning session aimed at developing the appropriate sport-specific energy system.



### Evaluation & Testing

Using our expertise in the areas of strength and conditioning as well as physical therapy we assess each athlete individually. They are evaluated from an orthopedic as well as an athletic perspective. They are tested in areas of athleticism that their sport may demand such as agility, power or speed to identify their individual strengths and weaknesses. We examine range of motion, muscle strength and functional movement patterns to identify muscle imbalance, weakness and lack of flexibility that may predispose an athlete to injury or limit their athletic potential.



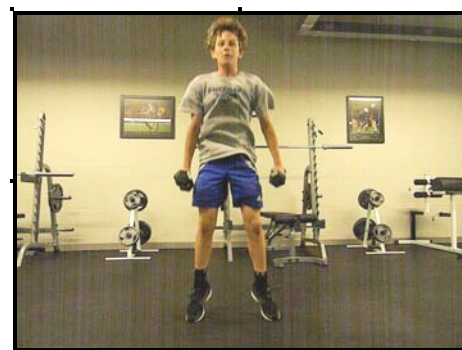
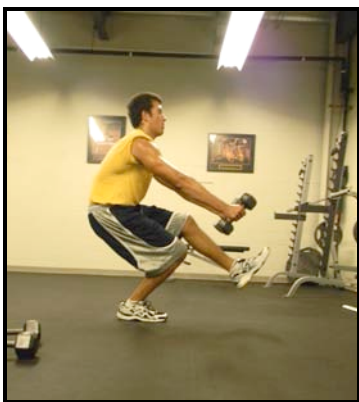
### Injury Prevention

We take time to ensure that each athlete is evaluated to prevent injuries that commonly occur in their sport, identify areas of joint instability and flexibility as well as gain a thorough understanding of their own injury history. We cycle the training routines to maximize progress, reduce overuse injuries and prepare them to peak athletically at the right time. In-season training is recommended but the frequency and intensity is reduced as the focus at this point is to maintain improvements made during the off-season but also more importantly to keep the athlete healthy and injury-free.



### Individual Training Programs

We do not use the cookie-cutter approach to training athletes. Each athlete will receive a personalized and sport-specific training program. Each athlete's training program will be designed considering the needs of their particular sport, their previous training and injury history, athletic strengths and weaknesses as well as any orthopedic issues found during the assessment.



### Team Training

We also offer team or group training sessions at a discounted rate.

The Sports Performance Program is located at:

6375 Mercury Drive  
Mechanicsburg, Pa 17050  
(Behind Wegmans)

**For more information, contact us at (717) 591-3000.**