

PERFORM. PREVENT. EVOLVE.



PHYSICAL THERAPY  
SPORTS PERFORMANCE  
FITNESS & WELLNESS

# PHYSICAL THERAPY & REHABILITATION

We are a compassionate, dedicated, and fun-loving family that truly cares about each person we are honored to work with in the clinic.

- All Musculoskeletal Injuries
- All Sports Injuries
- Post-Surgical Rehabilitation
- Return to Sports
- Manual Therapy
- Dry Needling
- Work Injuries
- Auto Injuries
- Injured Firefighters, Police Officers & Military Personnel
- Medical Massage
- Post-Concussion Rehabilitation
- Selective Functional Movement Assessment (SFMA)
- Custom Foot Orthotics
- Vestibular/Balance Rehabilitation
- Rock Taping/Kinesiotaping

*We Accept All Insurance Plans, Except Medicaid, and We Welcome Private Pay Options.*



# WELLNESS COACHING & SERVICES

## WELLNESS COACHING\*

Partnering with you to develop and sustain health-promoting behaviors and to maximize your potential in areas including:

- Weight Loss
- Exercise
- Nutrition
- Stress Management
- Sleep
- Work-Life Balance
- Smoking Cessation

## WELLNESS SERVICES

- Massage
- Sport Psychology
- Nutritional Consultation

*\*Wellness coaching is not intended to diagnose, treat, prevent or cure any disease/condition. It is not intended to substitute for the advice, treatment and/or diagnosis of a qualified licensed professional.*



# SPORTS PERFORMANCE & FITNESS

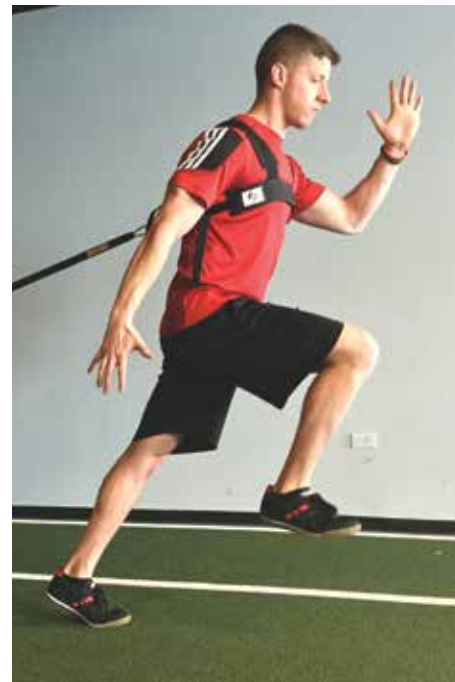
We believe in the empowerment of others through an innovative, systematic approach, utilizing science-based methods in a fun & engaging environment to optimize their pursuit of overall wellness, elite performance & injury resistance.

## SPORTS PERFORMANCE

- 1-on-1 Performance Coaching
- Semi-Private Performance Coaching
- High School & Middle School Performance Classes
- On-Site & Off-Site Team Performance Coaching
- Post Physical Therapy Return-to-Sport Programs
- Hockey/Figure Skating Dry-land Performance Coaching
- College/Professional Performance Coaching (Classes, Combine/ Pro Day Prep, Season Prep, Off-Season, College Showcase Prep)
- Titleist Golf Performance Institute Testing/Training
- Velocity Plus Arm Care Testing/ Training Program for Throwing Athletes
- Functional Movement Screen (FMS)
- FMS Corrective Exercises via Web Exercises

## FITNESS

- 1-on-1 Personal Training
- Semi-Private Group Options
- Adult Fitness Classes (Morning, Mid-Day, Evening)
- Body Comp Alteration
- Skin Fold/Body Fat Analysis
- Physique Sport Preparation (Competition Preparation, 1 on 1 & Online)
- Bodybuilding, Physique, Figure, Bikini, & Beauty Pageant



# RETURN-TO-PLAY PROGRAM

- Prepare athletes to not only survive their transition back to their sport or activity, but to excel at what they love to do. Our skilled team of Performance Specialists and Sports Physical Therapists will teach the athlete to be faster, stronger, and better than they were before.
- Achieve confidence for return to play.
- Optimize the athlete's body to produce at a competitive level.
- Maximize the athlete's ability to prevent injuries.



# WELCOME TO OUR PANTHER FAMILY

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Panther Physical Therapy  
& Sports Performance

