



GIFT CERTIFICATE

Sports Performance and Injury Prevention Program

For optimal performance and injury prevention, all athletes should participate in strength and conditioning programs tailored to their sport.*

At Back to Health we have worked with many high school athletes in sports including: volleyball, lacrosse, football, crew, pole vaulting, football, baseball, basketball, tennis and swimming.

This Certificate includes:

- A comprehensive evaluation of strength, flexibility, gait and movement to identify areas of weakness or imbalance.
- A customized plan to bring the body into balance, and increase strength, endurance and power.
- Twelve (12) one on one sessions to carry out the plan, measure progress, and make adjustments when needed to achieve optimal results.

Avoid:



Achieve:



*Sports specific training is especially important for middle and high school athletes whose muscles and bones are still growing. An intensive conditioning program tailored to meet the stresses of their sport will allow your student athlete to perform at the top of their game and greatly reduce the chance of serious injury.

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