



Injury Prevention and Performance Enhancement Program

Fort HealthCare Therapy & Sport Center offers affordable performance enhancement programs for athletes ages 12-20 who are looking to improve their athleticism, prevent injury and reach their peak performance in any sport. All Edge classes are provided by licensed Physical Therapists and Athletic Trainers who have experience working with athletes of all levels. The Edge program is focused on preventing injuries such as ACL tears, ankle sprains, back pain, and shoulder dysfunction. Participants will also be educated on power lifting and techniques to increase speed, endurance, and strength.

Included in all Edge classes: Performance style T-shirt, power lifting education, and injury prevention techniques.

Evaluation:

The Edge program begins with a musculoskeletal screen that will help customize a workout plan specific to the athlete's needs. The evaluation must be scheduled prior the first session.

Pricing:

Includes 12 one-hour sessions.

- Initial Evaluation: \$50
- Individual training: \$360 for 12 sessions
- Group of 2: \$480 for 12 sessions (\$240 per athlete)
- Group of 3-4: \$540 for 12 sessions (\$135-\$180 per athlete)

Hours:

Monday 8:00am-6:30pm

Thursday 12:30pm-6:30pm

Tuesday 7:00am-6:30pm

Friday 7:00am-5:30pm

Wednesday 8:00am-6:30pm

For more information, contact Fort HealthCare Therapy & Sport Center:

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