

University Sports Medicine

A program of

**URMC Orthopaedics
and Rehabilitation**

Sports Performance Enhancement – Strength and Conditioning Program

The University Sports Medicine Sports Performance Program is designed for serious athletes who would like to take their game to the next level.

Our staff is made up of Certified Strength and Conditioning Specialists, Certified Athletic Trainers and Physical Therapists who have expertise in the training of metabolic systems, general sports function and injury prevention.

We perform a complete assessment to identify athletic weaknesses. Through this initial baseline testing of flexibility, strength, balance, and agility, we can establish a program that helps to prevent injury and serves to identify and address potential performance difficulties. Measurements can be repeated to ensure progress in the effort to attain athletic goals.

THE GOALS OF THE PROGRAM ARE TO:

- Increase strength, power and flexibility
- Increase quickness and foot speed
- Increase balance and joint awareness
- Correct functional insufficiencies
- Improve core strength
- Improve fitness for athletic achievement
- Prevent injuries
- Learn safe and proper lifting techniques

INDIVIDUAL SPORTS PERFORMANCE ENHANCEMENT PRICES

Initial 1 Hour Evaluation	\$50.00
Follow-up Visit (1/2 hour slot)	\$25.00
Follow-up Visit (1 hour slot)	\$50.00

**Pre and post testing data will be included for all athletes*

Call (585) 341-9150 for more information or to register for our Strength and Conditioning Program.

www.ortho.urmc.edu



UNIVERSITY of
ROCHESTER
MEDICAL CENTER

MEDICINE of THE HIGHEST ORDER