

Text us to
schedule!
716-383-2645



Excelsior
Orthopaedics
Sports Performance



SCAN TO
VIEW SCHEDULE

BRIDGE PROGRAM



At Excelsior, we know that being able to do the things you love again requires comprehensive recovery after an injury - recovery that doesn't end when the stitches come out. We're here to make sure the care you receive gets you back to doing what you love, without fear.

The BRIDGE PROGRAM is a strength and conditioning program for all patients who need higher-level training with attention to prior injury history. Our highly skilled team of Certified Athletic Trainers and Strength and Conditioning Specialists develop programming specific to the needs of each person in a small group setting to ensure the best possible outcome.

****All new patients that have not gone through Excelsior Orthopaedics Physical Therapy, must undergo an athletic profile assessment before starting the program. This is essential to help our team develop the best program to meet your needs.**

****Athletic Profile Assessment**

- 60 minute one-on-one session
- \$80

Package 1

- 4 sessions/month
- \$105

Package 2

- 8 sessions/month
- \$205

Recommendations for number of sessions will be discussed after your assessment or after your first session.