



BRIDGE



SMALL GROUP SESSIONS:

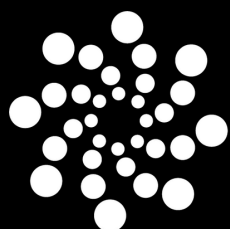
THE BRIDGE PROGRAM IS A SPECIALIZED STRENGTH AND CONDITIONING PROGRAM DESIGNED FOR PATIENTS WITH PRIOR INJURY HISTORY. LED BY OUR TEAM OF EXPERT CERTIFIED ATHLETIC TRAINERS AND STRENGTH AND CONDITIONING SPECIALISTS, THIS PROGRAM IS TAILORED TO MEET YOUR SPECIFIC NEEDS AND ENSURE THE BEST POSSIBLE OUTCOME.

PROGRAM HIGHLIGHTS

- PROGRAM BASED ON INDIVIDUAL NEEDS
- INJURY PREVENTION EDUCATION
- PROGRESS MONITORING
- RETURN TO SPORT ASSESSMENT INCLUDED



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