

INJURY PREVENTION

Don't wait for an injury or setback, stay active with your fitness or competitive goals. "Prehab" is an active approach to avoiding pain or injury and will be individualized and tailored to meet your performance needs. Maintaining a balanced movement pattern will allow you to maximize the strength, power and mobility that is required to meet your performance demands while minimizing risk for injury. Recommended for anyone from the weekend warrior to elite level athletes.

