



Bridge the gap between injury and performance

Novant Health Sports & Performance Medicine - Arboretum

Bridge program

Our program is designed for individuals who have completed their physical therapy programs but want to continue their injury recovery into an active fitness journey. It's also for patients who feel they're still not able to perform at their pre-injury level or need support in their fitness routine to accommodate injury limitations. Our expert physical therapists, athletic trainers and performance coaches collaborate with your current provider to cultivate your exercise program. The exercise programs are tailored to your individual goals, fitness level and recovery limitations.

Program details

- Choose between small group classes (\$40) or one-on-one training (\$70).
- Receive your individualized exercise programming based on your clinician's guidelines and your personal goals.

continued



Sports
Performance

Bridge for athletes

Looking to return to your pre-injury athletic level and get the edge on your competition? Our bridge program helps athletes recovering from an injury safely and efficiently return to their pre-injury athletic ability while improving key performance metrics like speed, agility and flexibility. Along with improved mechanics, athletes will learn proper recovery techniques and injury prevention. Our expert team of performance coaches, athletic trainers and physical therapists will create an exercise program tailed to sport, position and recovery needs in conjunction with you clinician.

Program details

- Choose between small group classes (\$40) or one-on-one training (\$70).
- Receive your individualized sport and position-specific exercise programming based on your clinician's guidelines and return to sport goals.

We look forward to helping you achieve your athletic goals.

For more information, call 704-316-1222 or email SportsPerformance@NovantHealth.org.

Follow us (@nhathlete) on Facebook and Twitter, and visit our website at NovantHealth.org/sparboretum.

Novant Health Sports & Performance Medicine - Arboretum
8045 Providence Rd., Suite 100
Charlotte, NC 28277