



# Bridge the gap between injury and performance

## Novant Health Sports & Performance Medicine - Huntersville

### **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 is also for patients who feel they are 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 levels 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.

## **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 tailored to sport, position and recovery needs in conjunction with your 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 **704-316-5096** or email **SportsPerformance@NovantHealth.org**.

Follow us (@nhathlete) on Facebook and Twitter, and visit our website at [NovantHealth.org/sphuntersville](https://NovantHealth.org/sphuntersville).

13245 Reese Blvd. W., Suite 100  
Huntersville, NC 28078