



PREMIER HEALTH

Sports and Human Performance Programs

Train utilizing a sport specific approach that translates to peak performance. These programs can give you the edge you need to physically get to the next level.

EDGE PERFORMANCE PROGRAMS:

Individual and Group training programs focusing on functional ability. Our sports performance specialists evaluate speed, power, and agility, and identify areas of weakness and opportunity. Programs can be tailored to athletes of all kinds, youth, elite, endurance, tactical and the weekend warrior.

We welcome both competitive and non-competitive athletes ages 10 and up.

SPECIALIZED PROGRAMS:

- **Golf Performance:** TPI certified specialists help increase player performance by identifying functional abilities and developing a more effective, efficient golf swing.
- **Running Medicine and Performance:** Customized treatment plan for runners of all ages to help overcome injuries and optimize performance.
- **Better than Before:** Post-rehabilitation program to continue corrective exercises and increase overall fitness by addressing additional areas of movement or muscular dysfunction. Designed to bridge the gap from physical therapy to a functional, and active lifestyle.

SCHEDULE TODAY



For more information or to schedule an appointment

VISIT US ONLINE:

premierhealth.com/phtrained

SPEAK WITH A SPECIALIST:

Miami Valley Hospital North:
(937) 734-5736

Miami Valley Hospital South:
(937) 438-4488

SCAN OUR QR CODE:

