



JUNE 10, 2017

INJURY PREVENTION PROGRAM

Prevent Injuries & Compete!

It is a known fact that participating in a sport can lead to a healthy and happy lifestyle. However, there is an increased risk for potential injury with the increased volume and intensity of competition. While some injuries cannot be prevented, many are caused by underlying issues: lack of strength and flexibility, muscle imbalances, poor coordination, and balance, including others! A skilled healthcare professional can evaluate and create an individualized exercise program designed to prevent injury and enhance performance!

Call and reserve a time today: (845) 339-4722!



SATURDAY JUNE 10
8AM-12PM

EVALUATIONS BY
PHYSICAL
THERAPISTS &
CERTIFIED ATHLETIC
TRAINERS

INDIVIDUALIZED
EXERCISE
PROGRAMS

WEEKLY/BI-WEEKLY
RE-EVALUATIONS

INITIAL EVALUATION
\$50
FOLLOW UP
EVALUATION
\$35

KINGSTON PHYSICAL
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REHAB, PC

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June 10, 2017 8:00-12:00