

# ORTHOCAROLINA SPORTS TRAINING CENTER

## Services:

### ADULT FITNESS BOOTCAMP

Functional fitness-based adult programming is designed to build strength, agility, range of motion and cardiovascular endurance, challenging balance and coordination to help improve our daily tasks. Daily workouts are developed by the OC Sports Training coaches and can be performed at three different time blocks Monday-Saturday. Workouts can be modified based on ability, injury, age, and other conditions. Bootcamp classes will include body weight exercises and field work using sleds, slam balls, kettlebells, battle ropes, etc.

### BRIDGE FITNESS

This special program is designed for patients who are out of insurance-covered physical therapy visits, or who have finished physical therapy and want to safely transition to a regular exercise program. The Bridge Program is also appropriate for active adults who need assistance working on general functional training that will benefit them in their daily lives or jobs, or the athlete seeking to return to play from an injury. Bridge Program components are developed based on individual needs and may include low impact cardiovascular training, posture training, light strength training, core and scapular work. The goal of the program is to provide a maximum of two months of training to transition the patient back to normal activity. If the client wishes, after the two months of Bridge training is completed, he or she can begin personal training or adult/youth bootcamp classes at the Sports Training Center.



**YOU. IMPROVED.**

OrthoCarolina

**SPORTS TRAINING  
CENTER**

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## YOUTH SPORTS PERFORMANCE

Created to help youth (ages 7-18) maximize their sports performance potential, the Youth Sports Performance Program focuses on general athletic conditioning for various age groups. Programming includes conditioning, speed, agility, quickness, balance and age-appropriate strength training. Group team training is available and workouts can be specifically developed based on age and sport.

## TEAM TRAINING

Team training sessions are dedicated for your team, club, or organization. Sessions are sport specific, age appropriate, and help build camaraderie within your team. Each team training session includes speed development work, strength and conditioning and skill work.

## PHYSICAL THERAPY

OrthoCarolina's Sports Physical Therapists and athletic trainers are highly trained to assist patients in getting back to their favorite sport or workout routine as quickly as possible after injury or surgery. In addition to standard physical therapy services, sports physical therapy offers individualized programs for return to sport including video analysis of throwing mechanics and/or running mechanics as well as functional testing after ACL (including Y balance testing and vertical jump testing using a force plate). The OrthoCarolina Sports Training Center's turf field and full weight room allow staff to evaluate running, cutting, and lifting abilities to ensure athletes are at full performance upon return.

## WORK CONDITIONING

The Work Conditioning Program is a key element in return to work protocol for worker's comp patients. With the full array of equipment and space that the Sports Training Center offers, work conditioning staff can simulate work conditions and return patients to work as soon as possible.



## CONTACT

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