



Return to Sport Training

Sports Performance Centers in Stow and Green

What is the Return to Sport program?

This program is designed to give individuals who have completed formal physical therapy for an ACL reconstruction or other lower extremity surgery a comprehensive, challenging, expertly supervised training program targeted to prepare the participant for a successful return to their sport or active lifestyle. Each class will focus on functional strength, balance/dynamic stability, agility, power, endurance and sports specific movements.

Who is it for? Competitive or recreational athletes of any age

When is it held? Three 60-minute classes/wk (see staff for schedule)

How do I sign up? Sign up at the physical therapy reception desk or contact coach MC Powers at powersm2@ccf.org

What is the cost? \$169/month unlimited training or \$119 for 8 classes (no expiration)

Questions? Contact Coach MC at powersm2@ccf.org.