Stay in the game, and come train with the best!

Excelsior Orthopaedics Sports Performance

Excelsior Orthopaedics is WNY's leading provider of musculoskeletal care, and our team includes some of the area's top sports performance experts — certified athletic trainers, physical therapists and strength & conditioning coaches, who help athletes become the very best they can be, while keeping them safe and injury-free. Join us at our newest location, a dedicated sports performance center at the Flash Fields in Elma, NY.

At Excelsior Orthopaedics Sports Performance we offer:

Physical Therapy
(Direct access and traditional)

If you're injured and trying to return to your sport, this is the place for you. We offer direct access physical therapy- meaning you can come to us without a prescription or referral!

If you have a prescription for physical therapy, that works too. We accept most insurances for our PT services.

Sports Performance Training
For athletes ages 10–20

For young athletes we offer a range of leading edge group and individual training programs designed to develop movement skills in three dimensions to lower the risk of injury and enhance performance.

See reverse for details.

6831 Seneca St in Elma | (716) 906-5564
SportsPerformance@excelsiorortho.com
www.excelsior-sports.com

Sports Performance Programs
For Athletes Ages 10—20

Group Training - Fit2Play

For middle schoolers, the program is designed to introduce and emphasize physical literacy. We create confident athletes who move well, perform at a high level, and have a reduced risk for injury.

For high schoolers and young adults, the program is designed to continually reinforce proper biomechanics and increase strength, power, speed, agility, mobility, and flexibility.

Training Packages

Platinum

- Athletic Profile at the start and transition of each training block
- 4 one-on-one sessions/month
- 8 group (Fit2Play) sessions/month

Cost: $379 per month

Gold

- Athletic Profile at the start and transition of each training block
- 12 group (Fit2Play) sessions/month

Cost: $179 per month

Silver

- 8 group (Fit2Play) sessions/month

Cost: $120 per month

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Bronze

- 4 group (Fit2Play) sessions/month

Cost: $70 per month

Sign up with the Excelsior App!

Scan this code with your smartphone camera to download the Excelsior app, and book packages!

Excelsior Orthopaedics.

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