



Peak Performance Therapy, LLC

519 Eureka Way • Sequim, WA • 98382

P (360)683-8331 • F (360)683-8441

PPTCUS.com

Peak Performance Therapy Center: Athletic Performance Program

Raise your game to the next level with the Peak Athletic Performance Program. We offer multiple individual or group training programs to meet your needs as an athlete or coach. Our programs focus on key athletic components including:

- Strength
- Flexibility
- Core stability
- Ideal biomechanics
- Proper Warm-up Strategies
- Speed
- Agility
- Power
- Injury prevention
- Coaching/athlete education

Our expert staff includes Physical Therapists, Athletic Trainers, Occupational Therapists, Physical and Occupational Therapist Assistants with many years of experience in athletic development, injury prevention and treatment. Let us help you reach your "Peak"!



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Peak Athletic Performance Programs

- **Individual:**
 - **Level I- Single 45 minute session**
 - Upper or lower body screening examination
 - Suggested interventions based on examination

 - **Level II- Three 45 minute sessions**
 - Upper or lower body screening examination
 - Biomechanics and functional movement assessment
 - Suggested interventions based on examination
 - Subsequent periodic sessions for reassessment of progress and suggested advances with interventions

 - **Level III- Six 45 minute sessions**
 - Upper or lower body screening examination
 - Biomechanics and functional movement assessment
 - Suggested interventions based on examination
 - Subsequent weekly sessions for reassessment of progress and suggested advances with interventions, supervised training sessions

- **Team/Group:**
 - **Level I- Single 60 minute session options:**
 - Dynamic Warm-up
 - Inner core program
 - Shoulder stabilization exercise program
 - Pelvic/Hip strengthening program
 - Plyometric program

 - **Level II- Three 60 minute sessions**
 - Biomechanics and functional movement assessment
 - Supervised training sessions based on assessment findings
 - Suggested independent exercises
 - Assistance with integrating suggested exercises/interventions into practices



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- Level III- Six 60 minute sessions
 - Biomechanics and functional movement assessment
 - Supervised training sessions based on assessment findings
 - Suggested independent exercises with periodic progressions
 - Assistance with integrating suggested exercises/interventions into practices
 - Dynamic Warm-up recommendations
 - Sport specific movement training
 - Inner core training
 - Speed and Agility training
 - Plyometric/Jump training

- Level IV- twelve 60 minute sessions- 2 per week
 - Biomechanics and functional movement assessment
 - Supervised training sessions based on assessment findings
 - Suggested independent exercises with periodic progressions
 - Assistance with integrating suggested exercises/interventions into practices
 - Dynamic Warm-up recommendations
 - Sport specific movement training
 - Inner core training
 - Speed and Agility training
 - Plyometric/Jump training

- Coaches:
 - Level I- Single 45 minute session options:
 - Instituting a dynamic warm-up
 - Assessing proper sport specific mechanics and corrections
 - Improving current training program

Please contact Dr. Eric Palenik, PT, DPT, Director of Physical Therapy Services with any questions or for scheduling

Peak Performance Therapy Clinic

519 Eureka Way, Ste. 2

Sequim, WA 98382

(360) 683-8331

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Pricing List

- Individual programs
 - \$75 per session
- Team/group up to 15 participants
 - \$ 100 per session
- Team/group 15 to 25 participants
 - \$125 per session
- Team/group over 25 participants
 - \$150 per session
- Coaches
 - \$75 per session