



BRIDGE PROGRAM

For Return-to-Sport Rehabilitation

- Supervised rehabilitation program specific to your injury and sport
- Increase strength, endurance, power, and agility
- Enhance mobility and flexibility of injured body part
- Prepare you mentally and physically to return to your sport
- Receive personalized instructions

RATES

10 Session \$300
Single Class \$35

Tuesdays 6PM-7PM
Saturdays 10AM-11AM

For more information or to register, contact
dmaddalone@professionalpt.com or call
516 227 2373



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