

MAPLE CITY  
**PHYSICAL THERAPY**

## Stay in the Game With Personal Sessions with our Athletic Trainer!

### At Home Workout Routines

Give your Student Athlete the tools to improve while at home with no gym equipment needed! We can also do weekly Zoom meetings guiding players through the whole workout!



### Balance, Stability, Flexibility Programming

Create a core stability, balance, or flexibility program to get your players on track to becoming the healthiest and strongest players as they move into more competitive leagues



### Had Something Else In Mind?

Maple City PT Athletic Training can provide unique services to student athletes based on your wants/needs. Athletic Trainers specialize in injury prevention and management, rehabilitation of sport injuries, re-conditioning, and performance enhancement!

Visit our Website <https://www.maplecitypt.com/>  
Follow us on Facebook and Instagram  
@MapleCityPT (FB) Maple\_city\_physical\_therapy (IG)