

OUR MISSION

The Sports Performance & Active Lifestyle Programs at Indiana Physical Therapy are designed to assess an individual's movement quality and address any abnormalities and imbalances. The purpose is to improve the quality of an individual's performance and skill in a given activity. Our goal is to avoid throwing 'fitness on the dysfunction' by teaching individuals to 'move better' first and then 'perform better.'

We  what we do
and it shows!



For more information on
Indiana Physical Therapy's
Sports Performance & Personal
Training Programs, contact:

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SPORTS PERFORMANCE & ACTIVE LIFESTYLE



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. Ensuring patients, referral sources, and customers receive prompt and courteous service and ongoing health education.

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No matter the goal or fitness level, the IPT Sports Performance and Active Lifestyle programs will be able to assist you with accomplishing your goals. From individuals looking to start a fitness regimen to individuals who actively participate in athletic programs. IPT Sports Performance staff members will provide a thorough assessment, goal development, patient education, and a customized exercise program to fit the individual's needs and desires.



An individual's overall level of movement quality impacts their function with regard to daily life, work/job demands, or participation in sports and extracurricular activities. Establishing and maintaining good movement quality is essential in reducing the risk of injury and improving overall individual functional to better achieve optimal activity performance.

AVAILABLE PROGRAMS

SPORTS PERFORMANCE

This program is designed with **injury prevention for the athlete** as the primary focus. It will include **specific sport training** to improve strength, endurance, mobility, speed, agility, and plyometrics to increase and improve performance. A biomechanical evaluation will be performed in order to determine any mobility, strength, or movement pattern asymmetries that could point to potential increased risk of injury.



PERSONAL TRAINING

Individualized program is designed to aid you in achieving weight loss goals in a healthy manner. We will focus on physical activity with guided workouts, as well as home workouts to perform daily. This program is also for **discharged therapy patients** that no longer need therapy but want continued guided care, as well as the non-athlete that would like to become more active.

SENIOR ACTIVE LIFESTYLE

This program focuses on biomechanics for **older clients, age 60+**, looking for lifestyle improvement & injury prevention. It will include strengthening, mobility, core stability, and balance.